BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

7-13 FEBRUARY 2026

TV & Satellite Week

NEW

LORD of the FLIES

Schoolboys battle for survival in the classic tale

NEW

HOW TO GET TO HEAVEN FROM BELFAST

Chaotic comedy from the team behind Derry Girls

NEW

SMALL PROPHETS

Quirky sitcom with **Sir Michael Palin**

LIVE!

SUPER BOWL

New England Patriots vs Seattle Seahawks

HotList This week's 28

WINTER OLYMPICS

Saturday 7

***WINTER SPORTS** BBC2, TNT Sports & Discovery+, coverage from 9am*
The Games continue today with medals decided in events including the men's downhill skiing and the women's 3,000m speed skating. *See Sport Week, page 26*

Six Nations
***RUGBY UNION** BBC1, ITV1, S4C & Premier Sports 1*
The opening weekend continues with Italy v Scotland in Rome (k-o 2.10pm, BBC1 & Premier Sports 1) before England v Wales at Twickenham (k-o 4.40pm, ITV1 & S4C).

The Roman Empire by Train with Alice Roberts
***DOCUMENTARY** C4, 8.30pm*
Following on from her journeys exploring Egypt and Greece's histories, Roberts (above) catches the train to see key sites of the Romans. *See Documentaries, p18*

Rick Astley: Reel Stories
***FACTUAL** BBC2, 10pm*
A day after he turns 60, Astley (above, right) sits down with Dermot O'Leary to look back at his career. Followed by another chance to see the singer's 2023 Glastonbury set. *See feature, page 10*

Full listings start on **p35**

Sunday 8

***WINTER SPORTS** BBC1, BBC2, TNT Sports & Discovery+, coverage from 9am*
Action includes the men's 10km cross-country skiing, the women's downhill skiing, and the first figure-skating medals in the team event. *See Sport Week, page 26*

Lord of the Flies
***DRAMA** BBC1, 9pm (box set, BBC iPlayer)*
In this first-ever television adaptation of William Golding's novel set in the 1950s, a group of boys are stranded on a tropical island with no adults, after surviving a plane crash. *See feature, page 4*

Betrayal
***THRILLER** ITV1, 9pm (box set, ITVX)*
Endeavour's Shaun Evans (above) stars as an MI5 officer whose personal life is entwined with his mission to foil a terrorist plot on UK soil. Zahra Ahmadi also stars. Continues tomorrow. *See feature, page 6*

Super Bowl
***AMERICAN FOOTBALL** 5, Sky Showcase & Sky Sports, kick-off 11.30pm*
Six-time champions the New England Patriots take on the Seattle Seahawks – who have won just once, in 2014 – at Levi's Stadium, Santa Clara, California.

Full listings start on **p45**

Monday 9

***WINTER SPORTS** BBC1, BBC2, TNT Sports & Discovery+, coverage from 9am*
Team GB freestyle skier Kirsty Muir (above) is a medal hope in the freeski slopestyle. Medals will be also be decided in the men's normal-hill ski jumping. *See Sport Week, page 26*

Silent Witness
***CRIME DRAMA** BBC1, 9pm*
Dr Nikki Alexander (Emilia Fox, above) and the team look into a fatal stabbing that appears to have been racially motivated. Former *Shameless* star Gerard Kearns guest-stars. Continues tomorrow.

Guy Martin's House Without Bills
***FACTUAL** C4, 9pm*
Cameras follow Martin (above) as he joins a project that aims to create an energy-efficient home out of a 1930s semi-detached house in Greater Manchester.

Small Prophets
***COMEDY** BBC2, 10pm (times vary) (box set, BBC iPlayer)*
From Mackenzie Crook, this comedy follows eccentric Michael (Pearce Quigley, above) as he turns to alchemy to learn what happened to his missing girlfriend. *See feature, p8*

Full listings start on **p55**

Tuesday 10

***WINTER SPORTS** BBC1, BBC2, TNT Sports & Discovery+, coverage from 9am*
Team GB curlers Bruce Mouat and Jennifer Dodds (both above) will have been optimistic of reaching today's mixed-doubles medal matches. *See Sport Week, page 26*

The Artful Dodger
***DRAMA** Disney+*
As the adventure returns for a second series, Fagin (David Thewlis) is keen to tempt his protégé Jack, AKA Dodger (Thomas Brodie-Sangster), back to a life of crime. *See Your Watchlist, page 14*

MasterChef: The Professionals
***COOKERY** BBC1, 8pm*
Saturday Kitchen's Matt Tebbutt (above, centre) joins Marcus Wareing and Monica Galetti for the new series. Continues tomorrow. *See feature, page 10*

The Summit
***REALITY** ITV1, 9pm*
Ben Shephard (above) fronts a series that sees 14 strangers attempting to scale a mountain in New Zealand, as they compete for a share of a potential £200K prize. Continues tomorrow. *See feature, p6*

Full listings start on **p65**

HOW TO ORDER AND ACCESS BACK ISSUES: IF YOU ARE AN ACTIVE SUBSCRIBER, YOU HAVE INSTANT ACCESS TO BACK ISSUES THROUGH YOUR iOS OR ANDROID DEVICE/S. YOU WILL ONLY BE ABLE TO ACCESS THE DIGITAL BACK ISSUES AS LONG AS YOU ARE AN ACTIVE SUBSCRIBER. TO PURCHASE SINGLE BACK ISSUES (PRINT FORMAT ONLY), VISIT: MAGAZINESDIRECT.COM (CLICK ON 'SINGLE ISSUES' TAB), OR EMAIL: HELP@MAGAZINESDIRECT.COM. MAGAZINESDIRECT.COM IS OWNED AND OPERATED BY FUTURE PUBLISHING LIMITED

Facebook.com/TVSatelliteWeekMagazine

best shows

NEW SUBSCRIPTION OFFER
GET SIX ISSUES FOR £1!
Visit magazinesdirect.com/xts/dj94x

7-13 FEBRUARY 2026

4 Cover story
A group of boys are trapped on an island in BBC1's new four-part adaptation of *Lord of the Flies*

6 TV Week
Spy drama *Betrayal*, challenge show *The Summit*, comedy *Small Prophets*, and the return of *MasterChef: The Professionals*

9 Soap diary
This week's top stories

12 Your Watchlist
How to Get to Heaven from Belfast, *The Artful Dodger* and *Cross*

18 Documentaries
Including *The Roman Empire by Train with Alice Roberts*

20 Films
Featuring live-action remake *How to Train Your Dragon*

26 Sport
A packed week includes the Winter Olympics and the Super Bowl

35 TV guide
Day-by-day TV listings

105 Kids' TV, Puzzle

106 Coming Soon

ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: BBC/ELEVEN/MARK ROGERS, COURTESY OF NETFLIX, GETTY, HOT OLIVES PRODUCTIONS LIMITED/BBC/MATT SQUIRE. HOTLIST WORDS: LYNETTE BRIGHTON, IAN FARRINGTON. HOTLIST PHOTOS: AMIT LENNON, ALAMY, GETTY

Wednesday 11

WINTER SPORTS *BBC1, BBC2, TNT Sports & Discovery+, coverage from 9am*
Lilah Fear and Lewis Gibson (both above) will be at the Milano Ice Skating Arena, hoping their free dance will earn a medal for Team GB. *See Sport Week, page 26*

Cross
CRIME DRAMA *Prime Video*
Aldis Hodge (above, left) returns for a second season, with detective Alex Cross on the trail of a vigilante who is murderously hunting down corrupt billionaires. *See Your Watchlist, page 15*

Premier League
FOOTBALL *TNT Sports*
A busy midweek night in the top flight includes a rock-bottom Wolves travelling to Nottingham Forest (kick-off 7.30pm), while Sunderland host spluttering champions Liverpool (kick-off 8.15pm).

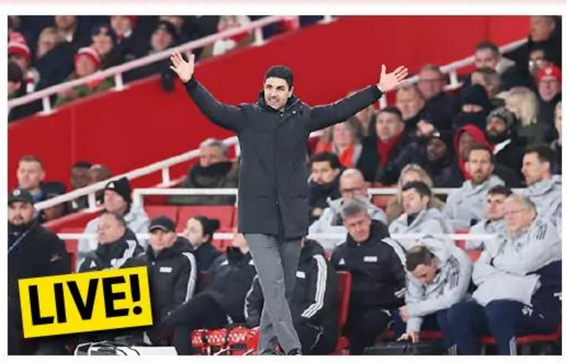
Charmed by the Devil
DOCUMENTARY *Sky Crime, 9pm*
One-off documentary about serial killer Douglas Gretzler, who murdered 17 people in 1973 and spoke about his crimes in over 500 hours of interviews with journalist Laura Greenberg.

■ Full listings start on **p75**

Thursday 12

WINTER SPORTS *BBC1, BBC2, TNT Sports & Discovery+, coverage from 8am*
Today's events include the luge team relay, while Team GB's freestyle skier Matéo Jeannesson (above) will be hoping to be in the men's moguls. *See Sport Week, p26*

How to Get to Heaven from Belfast
COMEDY DRAMA *Netflix*
From the creator of *Derry Girls* comes this series about three women who are drawn into a mystery in a rural Donegal village. *See Your Watchlist, p12*



Premier League
FOOTBALL *TNT Sports, kick-off 8pm*
Brentford host Mikel Arteta (above) and his Arsenal team at the Gtech, with the Gunners hoping for three points against their London counterparts to solidify their strong position in the league table.

Becoming Victoria Wood
DOCUMENTARY *U&Gold, 9pm*
Almost 10 years since the passing of one of Britain's comedy legends, this one-off special pays tribute to the icon (above), with contributions from those who knew her, loved her and worked with her.

■ Full listings start on **p85**

Friday 13

WINTER SPORTS *BBC1, BBC2, TNT Sports & Discovery+, coverage from 8am*
The men's singles figure skating draws to a close tonight, with the USA's Ilia Malinin (above) a hot favourite for the gold. *See Sport Week, page 26*

Eternity
ROMANTIC COMEDY *Apple TV*
Joan (Elizabeth Olsen) has to decide whether to spend the afterlife with her long-lost first love, Luke (Callum Turner), or Larry (Miles Teller), her husband of 65 years.

Jesy Nelson: Life after Little Mix
DOCUMENTARY *Prime Video*
The former Little Mix singer (above) is the focus of a six-parter that explores her mental-health battles and emotional pregnancy. *See Documentaries, page 19*

FA Cup: Fourth Round
FOOTBALL *BBC1, BBC Wales, TNT Sports 1, BBC iPlayer & Discovery+, k-os 7.45pm*
The next stage in the competition kicks off tonight with the Championship's Hull City facing Chelsea, and the all-second-tier clash between Wrexham and Ipswich.

■ Full listings start on **p95**

DON'T MISS AN ISSUE!
Download a digital issue to your tablet or phone
Available on iPad, iPhone and Android devices
You can also subscribe to the magazine at magazinesdirect.com

WILD boys

William Golding's classic story of **survival and savagery** comes to the small screen

NEW DRAMA

Lord of the Flies

Sunday, 9pm, BBC1 (box set, BBC iPlayer)

Tensions soon build on the island

A group of schoolboys are left to fend for themselves on an uninhabited tropical island following a deadly plane crash in BBC1's gripping new survival drama *Lord of the Flies*.

The four-part series is the first TV adaptation of William Golding's classic 1954 novel and follows the boys as they turn on each other in a terrifying battle for power after the air disaster leaves all adults dead.

Led by charismatic youngster Ralph (Winston Sawyers), the schoolboys' first intentions are to form a civilised society while they wait to be rescued. But the majority of the group soon find it impossible to resist their more feral instincts, and the boys descend into violence and anarchy.

Each episode is shown from the perspective of one of the main characters, with the first devoted to the brainbox of the group, Piggy (David McKenna), who is taunted by Ralph's rival Jack (Lox Pratt) about his weight and poor eyesight.

DRAMA CLASSIC

The series is a passion project for writer Jack Thorne, a lifelong fan of Golding's novel who had wanted to bring the story to TV for many years.

'*Lord of the Flies* is a perfect book,' he says. 'It often gets misappropriated as being about black and white, but what is so wonderful about Golding's writing is that the story is glorious shades of grey.'

The writer worked on the script while he was also penning his recent Emmy-winning series *Adolescence* for Netflix.

'I was writing the two shows at the same time, and I think they spoke to each other,' says Thorne. '*Lord of the Flies* is the moment before adolescence, which I find absolutely incredible to look at. It's a time when so much of us is made.

'As a society, we're losing a generation of boys because of the hate they are ingesting – because it is an answer to their loneliness and isolation. The interesting thing about *Lord of the Flies* is that it's a tender portrait of a lot of very complicated boys having a complicated relationship with their status and anger. It's the perfect distillation of our contemporary problem.'

Ralph (Winston Sawyers)

Piggy
David McKenna
The sensible, responsible member of the group is keen to maintain order and civilisation but is bullied and subdued by Jack.

NOTE PERFECT

The series' haunting musical soundtrack has been created by some of the biggest names working in TV and film, with *The White Lotus* composer Cristobal Tapia de Veer coming up with the score, and Hollywood icon Hans Zimmer creating the series' main theme alongside Kara Talve.

WHO'S WHO

Jack
Lox Pratt
Ralph's rival for the leadership position asserts himself as the group's main hunter, and draws supporters away from Ralph.

Simon
Ike Talbut
A shy, spiritual lad who often acts as the voice of reason, Simon senses that the boys are heading down a dangerous path.

Roger
Thomas Connor
Initially introverted, Roger embraces violence under Jack's influence as there are no adults around to stop him.

WORDS: STEVEN PERKINS. PHOTOS: BBC

Ralph
Winston Sawyers
The likeable and charismatic figure emerges as a natural leader among the survivors, but soon struggles to keep the other boys in line.

Piggy (David McKenna) feels sidelined

Meanwhile, there were several hurdles to be overcome before filming began, not least finding young actors to play the central roles – and many of the youngsters are making their professional acting debuts.

'These performers are incredible – we got so lucky,' explains Thorne, 47. 'Everybody worked so hard, and not just those who had lines. You can see how crucial the others are, and how the story is also told through the characters who watch, who are part of the background.'

RELEVANT

Although Golding's novel was written over 70 years ago, Thorne hopes that younger viewers encountering the story for the first time will see parallels with the present day.

'We find ourselves in a fascinating moment in terms of young people and the pressures we're putting on them,' he says. 'I hope viewers see something that inspires them to build a better world than the one we currently live in.'

McKenna and Pratt on location

ISLAND LIFE

Lord of the Flies **was filmed in the rugged and stunning landscape of Malaysia – which presented its own set of difficulties for the cast and crew.**

'Malaysia has the most incredible, dense rainforest and great uninhabited islands, but that made things challenging with its impenetrability and remoteness,' explains director Marc Munden. 'There was also extreme humidity and heat. Everyone was soaking wet every day, either through seawater, torrential rain or sweat. But it was fun as well and the little'uns enjoyed being on the beach and in the sea.'

Director Marc Munden with McKenna

Ben Shephard

Peak prize

Novice climbers compete in a big-money challenge...

NEW REALITY

The Summit

Tuesday & Wednesday, 9pm, ITV1

We're used to seeing the likes of Bear Grylls and Steve Backshall scale some of the world's toughest peaks. Now, 14 ordinary Brits – who've never climbed a mountain – embark on a gruelling high-altitude ascent for ITV1's new challenge series *The Summit*.

Hosted by Ben Shephard, the eight-parter – kicking off with two episodes this week – tests strength, resilience and strategy as the novice climbers must work as a team to reach the 8,500ft peak of Mount Head in New Zealand and win a potential £200,000 prize, a share of which they're each carrying along the trek.

Contender Colleen

RACE TO THE TOP

With just 14 days to get to the top, they must navigate treacherous terrain, glacial lakes and dangerous ravines to reach base camps en route, where the climber deemed the weakest is voted off by the group. Meanwhile, they can also be axed by a menacing black helicopter, known as the Mountain's Keeper, which ratchets up the pressure with ruthless challenges.

'As they all get closer to the summit, the cash of those who've been eliminated builds up in a big red holdall they're also carrying,' explains Shephard, 51.

Among those hoping to go the distance are pageant coach Afton, the daughter of TV wellness guru Gillian McKeith; Reverend Warren, better known as Ace from ITV's original series of *Gladiators*; and former soldier Dockers.

HIGH PRESSURE

'There are so many different characters' says Shephard. 'And they all have their own personal summit they want to reach.'

Shephard is no stranger to climbing mountains, having scaled Mount Kilimanjaro alongside other celebrities in 2009 for Comic Relief. But could he tackle *The Summit*?

'Physically, I'd be all right. Strategically, I'd be an absolute mess,' he smiles. 'I don't think I'm cut-throat enough, so I'd really struggle with voting people out.'

Shephard (centre) with the hopefuls

WORDS: CAREN CLARK, VICTORIA WILSON. PHOTOS: ITV

NEW THRILLER

Betrayal

Sunday & Monday, 9pm, ITV1 (box set, ITVX)

A jaded spy encounters dishonesty and treachery as he battles to thwart a potential terror threat – while also trying to prevent his family from falling apart – in ITV1's espionage thriller *Betrayal*.

The four-parter, which begins with two episodes this week, centres on Liverpudlian John Hughes – played by *Endeavour*'s Shaun Evans – who works as an MI5 agent in London. But his marriage to GP Claire (Romola Garai) is on the rocks, and he is also frustrated by the bureaucracy within the security service.

'It's about a guy who's facing a midlife crisis or midlife opportunity, set against the backdrop of international espionage – that's fertile territory for a good story,' says Evans, 45, as *TV&Satellite Week* joins him for an exclusive chat.

'John's working in a world that has changed, and he has an Everyman quality – he's not the stereotype of a spy. So we look into the reality of the job and not the glamorisation. His wife Claire feels he's hiding behind his work. And the job is a double-edged sword.'

Claire Wardly
Romola Garai
John's doctor wife is frustrated by the secrecy of his work and is facing a decision about her own future.

THREAT TO SAFETY

As the series begins, John has a secret rendezvous with a contact, Ehsan Taremi (Waj Ali) – a translator for a Stockport criminal gang with links to the illegal drugs trade in Iran – who informs him that a terror plot is being planned on UK soil. Before John can find out more, however, Ehsan is shockingly killed and John must deal with the fallout and the wrath of his superiors.

'Ehsan revealed a threat to national security and rather than go up the chain of command, John decided to meet him. He's created a big mess by not being upfront,' shares Evans. 'He wants to get to the bottom of things because people could die. But should he trust his instincts?'

John (Shaun Evans) with Ehsan (Waj Ali)

COLLABORATION

Amid the furore, British-Iranian MI6 agent Mehreen Askari-Evans (*Beyond Paradise*'s Zahra Ahmadi) is seconded to MI5 to wrap up the case. She and John forge a bond as they work together to establish whether Ehsan was telling the truth and where a potential attack might take place.

Mehreen Askari-Evans
Zahra Ahmadi
The efficient, down-to-earth MI6 agent is sent to MI5 to take over John's case, and they become a tight-knit duo.

John Hughes
Shaun Evans
The impulsive MI5 agent goes out on a limb to establish whether the UK could be the target of a terror attack.

Call of duty

Shaun Evans is an MI5 agent obsessed with foiling a terrorist attack

WHO'S WHO

Simone Grant
Nikki Amuka-Bird
John's superior and long-term friend is concerned about his approach to the case and tries to rein him in.

Rudy Kember
Gamba Cole
The young technical guru at MI5 admires John and attempts to assist him in his mission to unravel the truth.

Craig Beeston
Anthony Flanagan
Ruthless and brutal, the Stockport gang leader was the boss of John's contact Ehsan, and is a prolific drug dealer.

Qasem Asadi
Omid Djalili
A committed family man, the enigmatic Iranian general has some intriguing links to Craig, but what secrets is he hiding?

Fatemah Feyzi
Hayley Tamaddon
A passionate advocate for the rights of women in Iran, the influential British-Iranian journalist could find herself in peril.

John and Mehreen work closely together

'John's been superseded by this woman but she's a good colleague,' explains Evans. 'Because she's of Iranian heritage, that brings a new element [to the investigation]. And something they have in common is that work has also taken a toll on their personal lives.'

As John becomes closer to Mehreen and more obsessive in his quest to foil the plot, he grows further apart from Claire, the mother of his two children, who is already struggling to forgive his infidelity from years before.

HIDDEN FEELINGS

'Claire's dedicated to other people. But she's sat on her own resentments for too long, so it's corroded their marriage,' reveals *Vigil*'s Garai, 43. 'They're unable to confront issues because he can't talk about his work. They are in a volcano of deceit.'

Both stars spoke to former BBC security correspondent Gordon Corera to prepare for portraying a marriage affected by John's kind of work.

'Gordon's interested in every aspect of spycraft, from geopolitical situations to the personal impact,' says Garai. 'So it was useful to talk to him about his experience of interviewing the family members of ex-spies.'

Kindred spirits

Sir Michael Palin and Pearce Quigley star in the story of a lonely man who embarks on a magical quest...

NEW COMEDY

Small Prophets

Monday, 10pm (times vary), BBC2 (box set, BBC iPlayer)

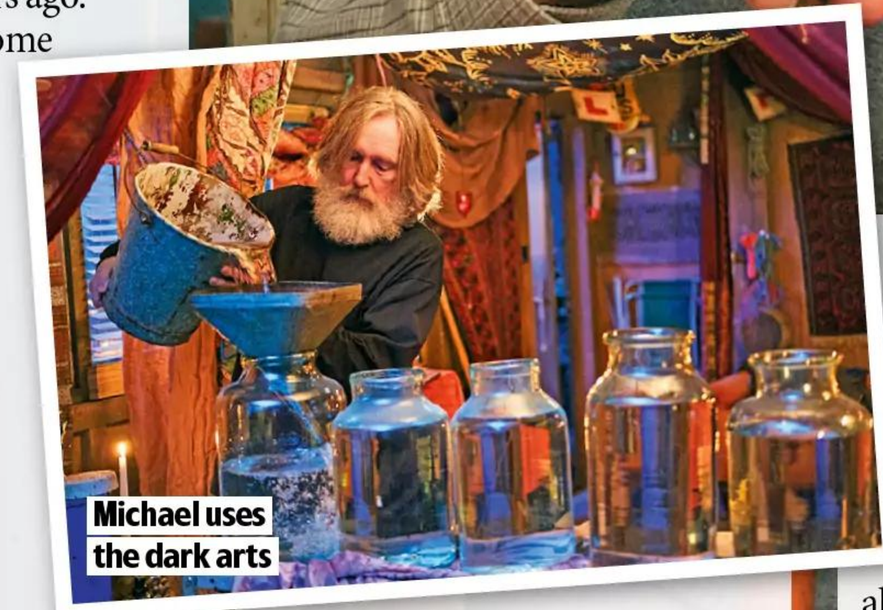
Brian
Michael Palin
Michael's father met an alchemist in Egypt in his younger days who shared the secret of homunculi with him.

It's been more than 10 years since Mackenzie Crook won a BAFTA for writing BBC series *Detectorists*, and now he's back with another warm-hearted, perfectly observed comedy.

Six-parter *Small Prophets* tells the tale of Michael Sleep (Pearce Quigley), a lonely man who works at a DIY store and still lives in the house he shared with his partner Clea until she disappeared seven years ago.

Michael has yet to come to terms with her departure and holds out hope that one day Clea will walk back through the door.

'It's a story about a man who goes on this extraordinary journey, but it's also about hope and friendship,' says former *The Office* star Crook, 54.


Michael uses the dark arts

ALCHEMY

Michael's life takes an improbable turn when his father Brian (Sir Michael Palin) shares an ancient potion recipe for growing homunculi – magical spirits that can predict the future – in the hope they will be able to reveal what happened to Clea.

Not surprisingly, Michael is sceptical, but when Clea's brother Roy (Paul Kaye) tells him he wants his sibling's house back, he's spurred into action and embarks upon an extraordinary journey to discover the truth…

Crook says he came up with the story when he wanted to write something for his *Detectorists* co-star Quigley.

'The idea came from a strange little passage in a book about a medieval Swiss alchemist called Paracelsus,' explains Crook. 'It gave instructions for growing these little magical creatures, and it was written with such attention to detail that you almost believed it might work. I put it aside for about 10 years – until I realised I wanted to write something for Pearce, who's one of the funniest men I've ever met.'

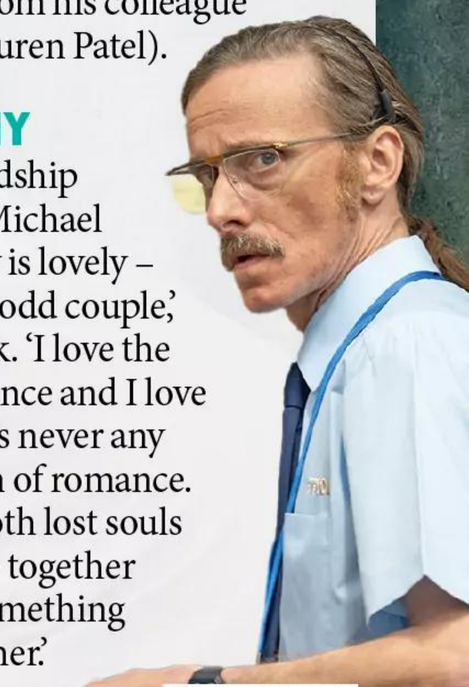
In keeping with the show's gentle charm, Crook rejected the use of CGI for the homunculi. Instead, the magical creatures were brought to life through stop-motion animation.

'There's something wonderfully nostalgic about stop-motion – you can almost feel they're there,' says Crook.

Meanwhile, as Michael sets about his magical quest, he finds support from his colleague Kacey (Lauren Patel).

EMPATHY

'The friendship between Michael and Kacey is lovely – they're an odd couple,' says Crook. 'I love the age difference and I love how there's never any suggestion of romance. They're both lost souls who come together and see something in each other.'


Writer Crook plays Gordon

WORDS: SEAN MARLAND, SIMON TIMBLICK. PHOTOS: BBC, ITV

Michael Pearce Quigley
The heartbroken man spends his days working at a DIY store and his spare time searching for his partner Clea.

The pair particularly bond over a mutual dislike of their officious boss Gordon, a role that Crook couldn't resist taking on himself.

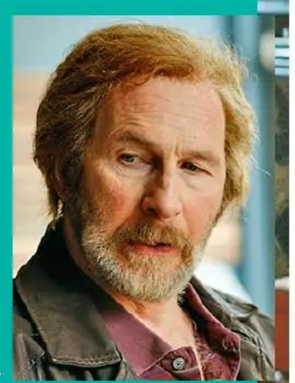
'I didn't want a big part, but I do love playing a jobsworth,' he smiles. 'I wrote him as a bit of a monster, but I actually came to be quite fond of him during filming. He's just trying to get a little bit of respect, and he gets none, especially from Michael.

'I wanted to change my appearance, so Gordon has a very thin ponytail. Originally, I was planning to go for the full Terry Nutkins by shaving the top of my head and having a long ponytail at the back, but my wife vetoed that!'

WHO'S WHO

Kacey
Lauren Patel
Michael's colleague makes a connection with him, although she's unsure what to make of his magical spirit.

Roy
Paul Kaye
Clea's brother is convinced his sister has taken her own life and is desperate for cash so he can see his children again.



Gordon
Mackenzie Crook
The DIY-store manager isn't respected by his employees and is treated terribly by Michael.

Clive
Jon Pointing
Michael's neighbour finds his overgrown garden and messy house an eyesore and begs him to clear it up.

Bev
Sophie Willan
Clive's partner doesn't see why he is so bothered by Michael's untidy house and is exasperated by his interference.

SOAP WEEK

This week's soaps at a glance

Joe turns the screws

EMMERDALE

Will Victoria turn herself in for John's murder?

» **Victoria Sugden has** been in a guilty spin since she fatally stabbed her deranged half-brother John in the neck with a syringe!

This week, Victoria hears that John's death has been ruled a suicide. But her crime could still catch up with her since ruthless Joe has video evidence of what really happened that fateful night in the woods. He is threatening to release the video to the police unless Victoria and her brother Robert agree to sell Butlers Farm to the Tates.

Victoria is shocked when she discovers Joe previously blackmailed Robert into planting evidence at the farm that ultimately led to co-owner Moira's arrest for crimes she didn't commit!

Joe demands the farm is signed over to his family in six hours… or else!

With the clock ticking, will Victoria convince Moira to sign the paperwork when she visits her in prison? Or will she unexpectedly call Joe's bluff and turn herself into the police for John's murder?

Can Moira help?

» **PLUS** Dylan tells April the truth about how Bear killed nasty Ray, Sarah supports Cain at his hospital appointment to discuss the prostate-cancer treatment plan, and Tracy has shock revenge plans for John's ashes!

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Shona is surprised when Jodie introduces their estranged dad at a psychiatric hospital (above), there's an unexpected reunion for Debbie behind bars, Ryan sacks Carl, and will Daniel learn who attacked him on Christmas Day?

EASTENDERS

» Nugget (right) is rushed to hospital after a suspected epileptic seizure, Elaine warns Max off after he gets close to Linda, Mark tells Ravi about his secret mission, and will Jake Moon help the Slaters set a trap for Chrissie?

LOOK WHO'S BACK...

A familiar face appearing in a new show this week

Guy Martin

Guy Martin's House Without Bills

NEW

Monday, 9pm, C4

Born in Grimsby in 1981, the former motorbike racer and mechanic began his TV career in 2011 when he featured in documentary *TT3D: Closer to the Edge* (inset). He's fronted several shows, including 2025's *Guy Martin: The British Train That Changed the World,* and presented travelogues around the world. He's currently on our screens tackling more of the UK's most demanding occupations in the second run of *Guy Martin: Proper Jobs*.

HIS NEW SHOW

This week, Martin, 44, investigates how we can make our homes cheaper to heat – and possibly even bill-free. He takes part in an ambitious project to turn a Greater Manchester semi into one of the most energy-efficient homes in Britain by fitting the best insulation, draught-proofing and ventilation. He also visits a church in Northumberland that barely needs the heating switched on and a Birkenhead factory turning out flat-pack houses that qualify for a zero-energy-bills tariff.

Guy Martin

WORDS: TESS LAMACRAFT, SEAN MARLAND, RICHARD MCCLURE. PHOTOS: ADOBE STOCK, BBC, C4, GETTY, SKY, HBO

Rick Astley reflects on his life and career

Comeback king

Performing in the 1980s

Taste of success

New judge **Matt Tebbutt** joins the ultimate cooking contest

NEW COOKERY

MasterChef: The Professionals

Tuesday & Wednesday, 8pm, BBC1

There's an enthusiastic new judge, a gleaming new studio and exciting fresh elements for contestants to tackle when *MasterChef: The Professionals* returns to BBC1.

Now on its 18th series, the contest sees 32 ambitious chefs showing off their skills over the course of seven weeks at the new HQ in Birmingham in a bid to become champion.

And helping to decide who will be victorious is popular chef and *Saturday Kitchen* host Matt Tebbutt, who joins seasoned pair Monica Galetti and Marcus Wareing.

'It was enormously exciting to get the call saying they wanted me,' says Tebbutt, 52. 'However, there is a lot of pressure, too, because it's such a well-loved programme.'

Tebbutt says his fellow judges went out of their way to make him feel supported in his new role.

'Marcus and I have known each other for years,' he reveals. 'I'd only met Monica briefly, so the two of us went out for a meal together beforehand. It turned into a five-hour lunch! The banter you see on screen is genuine and comes from the three of us feeling very comfortable with each other.'

And while Wareing and Galetti are known for their formidable demeanours, Tebbutt describes himself as the show's 'Mr Nice Guy'.

'I can appreciate what the contestants go through because I was once a competitor on *Great British Menu*,' he says. 'I remember how emotional you can get when your whole reputation is at stake.'

NEW FACTUAL

Rick Astley: Reel Stories

Saturday, 10pm, BBC2

Watching the footage with Dermot O'Leary

It's hard to believe that fresh-faced 1980s pop star Rick Astley turns 60 on Friday 6 February – and the BBC celebrates his milestone birthday this week in a special interview with Dermot O'Leary as part of BBC2 series *Reel Stories*.

The singer was just 21 when his debut single, *Never Gonna Give You Up*, turned him into a global superstar in 1987, and he reflects on his early career and successful comeback, plus shares pivotal moments, as he watches footage from past performances.

TV&Satellite Week met up with the Lancashire-born star to hear more...

How did it feel watching early clips, including your first performance on *Top of the Pops*? It was mad! Getting on *Top of the Pops* was the dream but I was so nervous and out of my depth. When I look at myself from those early days on chat shows like *Wogan*, I think, 'Who is that lad?' I want to put an arm around him and say, 'It's going to be OK, mate.'

Was it a tough decision to walk away from the music industry in the 1990s? I've always had a toolbox that allows me to know what is amazing and what is absolute nonsense. When the nonsense became far greater than the amazing, I knew I'd had enough. I was done. It was the right decision for me.

You've had such a successful comeback. What has been the biggest 'pinch-me' moment? Performing at Glastonbury in 2023. It couldn't have gone any better – the weather, the crowd, performing my own set. It was all incredible and then performing with Blossoms later [to sing covers of The Smiths songs]. A lot of my friends and family were there and that entire weekend was just amazing.

How does it feel to be celebrating your 60th birthday? I'm doing a UK and Ireland arena tour starting in April and it does feel weird to think about doing gigs at the age of 60. But then I look at people like Mick Jagger and Paul McCartney – those guys are something else. I'm not going to lie, my body feels older, but my heart doesn't.

Matt Tebbutt (front) with Marcus Wareing and Monica Galetti

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Dinosaur

NEW

Saturday, 10pm & 10.30pm, BBC3 (box set, BBC iPlayer)

As the heart-warming, Glasgow-set comedy returns for a second run, the action picks up with autistic palaeontologist Nina (Ashley Storrie) working on the Isle of Wight. It's her dream job, but feeling homesick, it's not long before she's back in Scotland – only to find that everything has changed. And she's soon thrown into a romantic triangle with Lee (Lorn Macdonald) and new colleague Clayton (Hyoie O'Grady).

A Knight of the Seven Kingdoms

Monday, 9pm, Sky Atlantic

Ser Duncan received a shock in the last episode of the fantasy drama when he learnt that his young squire Egg was actually Prince Aegon Targaryen. Now he needs his powerful young friend more than ever when Aegon's elder brother Prince Aerion is out for revenge after the hedge knight brutally assaulted him.

Landscape Artist of the Year

Wed, 8pm, Sky Arts, Sky Mix & Sky Showcase

The contestants face an unusual challenge in this week's fifth heat when they leave their pods to climb aboard the historic warship HMS *Wellington*. Built in the 1930s, the *Wellington* was a vital asset during the Battle of the Atlantic in World War Two. But who will impress the judges and progress to the next round?

FREE WEEKLY NEWSLETTER

SUBSCRIBE to our weekly newsletter to get top TV picks on what to watch.

PLUS US-drama guide – discover which American series are on which day, channel and season!

What are you waiting for?

SCAN THE CODE or visit bit.ly/TVSWnews

Roisin Gallagher, Caoilfhionn Dunne and Sinéad Keenan

Waking the dead

Lisa McGee

Three friends dig up hidden secrets in a comedy crime caper by *Derry Girls* writer **Lisa McGee**

Pals Robyn, Dara and Saoirse

NETFLIX How to Get to Heaven from Belfast

NEW *Available: Thu 12 Feb Genre: Comedy drama Season: 1 Episodes: 8*

Almost four years after her hit comedy *Derry Girls* took its final bow, acclaimed writer Lisa McGee returns this week with entertaining, helter-skelter whodunnit *How to Get to Heaven from Belfast*.

The Netflix eight-parter follows highly-strung mum Robyn (Sinéad Keenan), downtrodden carer Dara (Caoilfhionn Dunne), and dissatisfied TV writer Saoirse (Roisin Gallagher) as they're drawn into a deadly mystery after learning their estranged school friend Greta (Natasha O'Keeffe) has died… Or has she?

Josh Finan as Jason

At the wake in fictional Donegal village Knockdara, Saoirse sneaks a look into the closed coffin, realises the corpse isn't Greta, and suspects her absence is connected to a fateful night in their teens involving menacing older man Jason Meadows (played in flashback by *Waiting for the Out*'s Josh Finan).

Here, in an exclusive interview with *TV&Satellite Week*, award-winning writer McGee, 45, tells us more…

Can you explain the premise? It's a comedy mystery thriller about three women who go to their former schoolmate Greta's wake out of guilt, and things start to get very weird. There's a secret that they've been keeping since their teenage years, but it's only one tiny part of something much bigger and more dangerous.

What is it about the teenage years that captures your imagination? I'm obsessed with female friendship, how we shape the past, and the gap between our younger selves and who we are now. I'm always looking back and asking, 'How have I got here?'

Have you based your main characters on anyone? They're all sort of based on me and my friends mashed up. I identify most with Saoirse, the TV writer, but I'm nothing like glam mum Robyn – although there are things she says about her kids that I've said about my own two boys!

Are you ever tempted to star in one of your own shows? Once on *Derry Girls* they wanted me to do something just for the craic, but I couldn't even walk from one side of the room as a realistic human being. I was so bad. So, no, never!

Would you like to do a second season? I'd love to. This mystery will wrap up – because I hate things that don't wrap up – but there is another avenue I've left open, so we'll see how it goes down. I'm definitely up for it. I love writing for these women.

What we're watching...

The shows being enjoyed by the *TVSW* team

NETFLIX Agatha Christie's Seven Dials

Genre: Drama Season: 1 Episodes: 3

Mia McKenna-Bruce (left) makes an appealing lead in a whodunnit that is far more breezy than the BBC's recent adaptations of Agatha Christie murder mysteries. She stars as Lady Eileen 'Bundle' Brent, who suspects foul play when one of the guests at a country-house party, Foreign Office worker Gerry Wade (Corey Mylchreest), is found dead. A letter containing the mysterious phrase 'Seven Dials' leads Bundle to start sleuthing, which brings her into contact with enigmatic Superintendent Battle (Martin Freeman).

tv Hijack

Genre: Thriller Season: 2 Eps: 8 (released weekly)

Corporate business negotiator Sam Nelson (Idris Elba) is again at the centre of the action when hundreds of commuters on a Berlin underground train are taken hostage in a dark and twisty action thriller.

NETFLIX The Rip

Genre: Thriller Episodes: One-off

Inspired by real events, this thriller stars regular collaborators Matt Damon and Ben Affleck as a pair of Miami cops who, along with their team, uncover millions of dollars stashed in a drug house, leading to temptation.

Now in production...

Three upcoming shows to look out for soon

Disney+ Castle Man

In Disney+'s factual series, cameras will follow comedian Alan Carr (above) as, with his 50th birthday on the horizon, he tries to fulfil his dream of finding a historic castle to buy. He also has to deal with a range of potential challenges involved in running the grand property.

NETFLIX Marty, Life Is Short

A one-off documentary, airing on Netflix from 12 May, will use archive footage to explore the life of comic and *Only Murders in the Building* star Martin Short (above), while his friends and colleagues reflect on his stage, film and TV career.

prime God of War

Prime Video's fantasy drama, based on the video game, will see *Sons of Anarchy*'s Ryan Hurst (above) play unflinching Spartan warrior Kratos, who sets off on an epic trip with his young son Atreus to spread the ashes of his late wife Faye, but they encounter adventures along the way.

WORDS: CAREN CLARK, JUDY EWENS, ELAINE REILLY. PHOTOS: APPLE TV, NETFLIX, GETTY, CHRIS BARR, SHUTTERSTOCK

Twisting the knife

Thomas Brodie-Sangster as Dodger

Dodger's **back for more mayhem** and medicine

The Artful Dodger

NEW *Available:* ***Tuesday 10 February***
Genre: ***Drama*** *Season:* ***2*** *Eps:* ***8***

Jack 'The Artful Dodger' Dawkins' life is hanging in the balance as Disney+'s action-packed follow-up to Charles Dickens' classic novel *Oliver Twist* returns for a second season.

The 1850s-set adventure picks up events once more in Australian penal colony Port Victory, where a now-grown-up Dodger (Thomas Brodie-Sangster) has been demonstrating his talents as a surgeon. But the former pickpocket is currently languishing in a prison cell and about to face the gallows after being wrongly accused of murder.

His true love, governor's daughter Lady Belle Fox (Maia Mitchell), is desperate to prove his innocence and save him. And her scheming mother Lady Jane (Susie Porter) strikes a deal to halt Dodger's execution and also allow Belle to fulfil her dream of becoming a doctor, but only if the young couple vow to keep apart for two years. Can they continue to meet secretly?

'Dodger is volatile. His whole life is about ups and downs,' teases Brodie-Sangster, 35. 'He's about to die, and then he's not. He's in love, and then he's broken-hearted.'

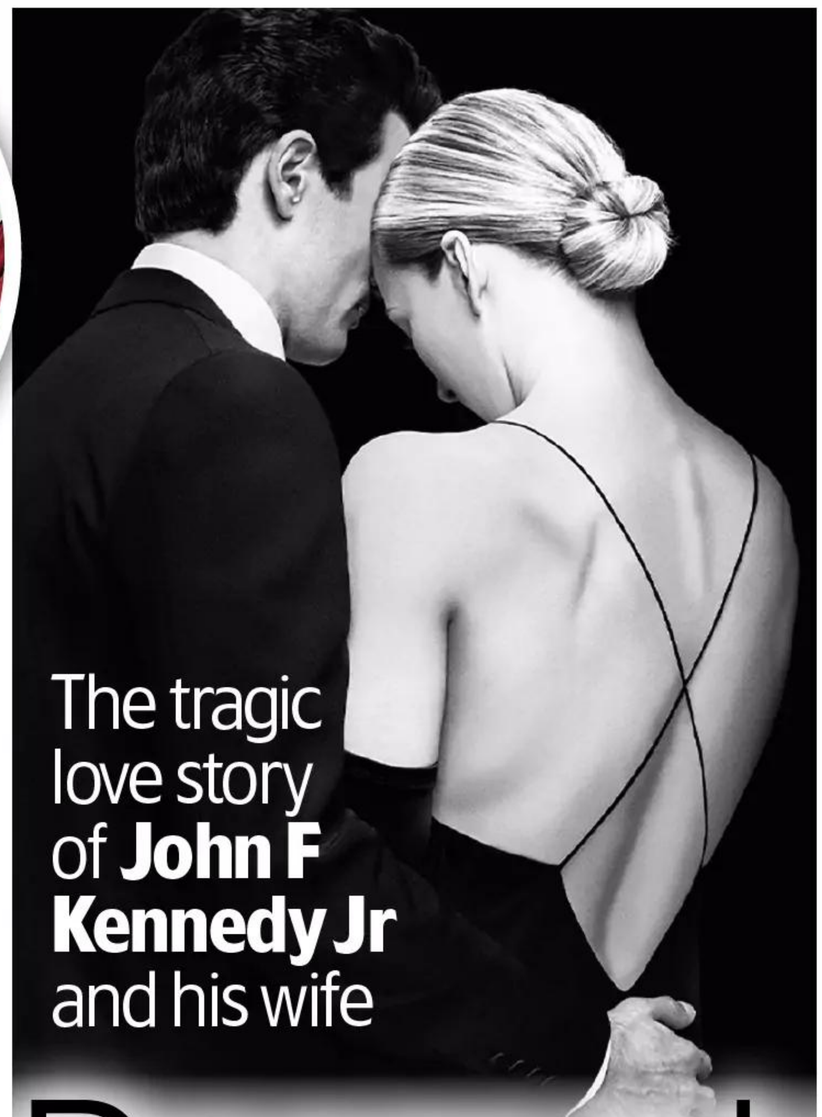
Wily crook Fagin (David Thewlis) wants his one-time protégé Dodger to go back to his light-fingered ways again and help carry out a heist, while enigmatic London cop Inspector Henry Boxer (Luke Bracey), who has arrived to police the colony and could be a rival suitor for Belle, is keeping a beady eye on Dodger.

'Fagin does something egregious in terms of driving a wedge between Dodger and Belle. Dodger doesn't forgive him, and so there's a rift,' explains Thewlis, 62. 'This breaks Fagin's heart, but he's doing everything he can to put himself back in favour with Dodger.'

Amid the star-crossed romance and criminal capers, there are also a host of new and often gruesome medical cases to test Dodger and Belle's pioneering surgical skills this series.

'There's a shark-bite victim and a woman poisoned with arsenic by the dye in her dress,' reveals Brodie-Sangster. 'But what brings Dodger and Belle together is their shared love for progressing medicine.'

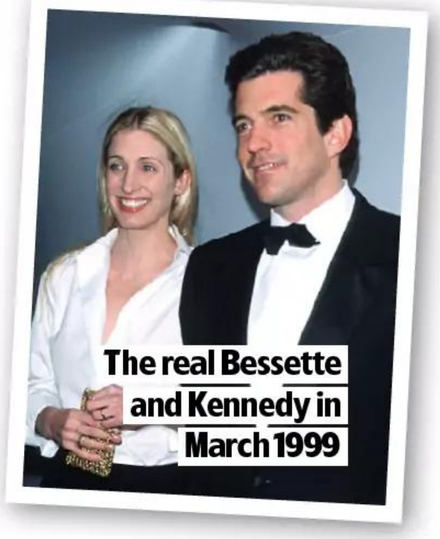
Fagin, Dodger, Belle and Henry


The tragic love story of **John F Kennedy Jr** and his wife

Doomed romance

Love Story: John F Kennedy Jr & Carolyn Bessette

NEW *Available:* ***Fri 13 Feb***
Genre: ***Drama***
Season: ***1*** *Eps:* ***9 (first three eps from 13 Feb, then weekly)***


The real Bessette and Kennedy in March 1999

The tragic love story of John F Kennedy Jr and fashion publicist Carolyn Bessette gets the Ryan Murphy treatment in this glossy Disney+ drama.

The nine-parter follows the glamorous couple through their whirlwind courtship and high-profile marriage, before their untimely deaths in a plane crash in 1999.

Canadian model Paul Anthony Kelly plays publisher and attorney JFK Jr – the son of President John F Kennedy and First Lady Jackie Kennedy Onassis (Oscar-nominee Naomi Watts) – with *The Wilds*' Sarah Pidgeon as Bessette, who worked for fashion designer Calvin Klein (Alessandro Nivola).

Newcomer Kelly was cast in the lead role partly because of his striking resemblance to his character.

'People used to mention it a lot, especially early in my modelling career,' he says. 'He is a wonderful character to wear.'

The couple's tempestuous romance came to a tragic end on 16 July 1999 when they died in a plane crash after keen pilot Kennedy lost control during a night flight from New Jersey to Martha's Vineyard.

'This story is still so close to people's hearts,' comments Kelly. 'Everyone really holds John and Carolyn in high regard.'

WORDS: CAREN CLARK, HANNAH DAVIES, REBECCA MAHONEY. PHOTOS: BBC, ©2026 DISNEY & ITS RELATED ENTITIES, GETTY, ITV, PRIME VIDEO, SKY, PEACOCK

Stars Aldis Hodge and Alona Tal

FORTUNE HUNTERS

Alex Cross and Kayla Craig pursue a **killer who is targeting billionaires**

prime **Cross**

NEW *Available: Wednesday 11 February*
Genre: Crime drama Season: 2 Eps: 8
(first three eps from 11 Feb, then weekly)

Brilliant forensic psychologist, homicide detective and devoted single dad Alex Cross is on a high-stakes 'womanhunt' as the drama based on James Patterson's literary hero returns for a new eight-part run.

After unmasking the 'Fanboy' serial killer in Season 1, Alex (Aldis Hodge) springs back into action in Washington DC when a female vigilante begins targeting billionaire magnates and leaves symbolic clues in her wake.

Tech titan Lance Durand (*Scream* star Matthew Lillard) is the next to receive death threats and requests protection, forcing Alex and FBI agent Kayla Craig (Alona Tal) to work together. Can they catch the killer before she strikes again?

CONNECTIONS

'We get to dive into Alex and Kayla's relationship in Season 2, which I think will be very intriguing for fans,' says Hodge, 39. 'I'm so happy that Matthew stepped into this role, too. I worked with him on [2008-2012 crime drama] *Leverage*, and he did a bang-up job here. Every time you heard a bunch of people laughing on set, you knew Matthew was there.

'But what I love about the show is that nobody is ever safe. There are people who look great on the surface but once you uncover a few layers, you realise they're not as squeaky clean as you thought.'

Returning this season are Alex's loyal partner John Sampson (Isaiah Mustafa) and love interest Elle Monteiro (Samantha Walkes). Meanwhile, the show's creator, Ben Watkins, steps out from behind the camera to play Roy, who's in charge at the FBI offices.

'Ben has two hats this season, and Roy and Alex have a disagreement, which is one of my favourite scenes,' says Hodge. 'Alex is also tested in his relationship with Sampson, because while their brotherhood is still strong, their trust and loyalty will be challenged. You'll never know who to trust.'

Matthew Lillard as Lance Durand

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

sky box sets NOW **Under Salt Marsh**

In Sky Atlantic's thriller, teacher and ex-detective Jackie Ellis (Kelly Reilly) finds the dead body of one of her pupils, which results in a reunion with her former police partner Eric Bull (Rafe Spall).

BBC iPLAYER **The Apprentice**

The 20th series of BBC1's reality show sees Lord Alan Sugar (above) send the candidates to Hong Kong to buy items for the lowest price. One team even tries to sing a song in order to secure a mah-jong set, but carnage awaits in the boardroom.

BBC iPLAYER **Clive Myrie's African Adventure**

BBC2's travelogue follows the newsreader (above, centre) as he explores the continent, beginning in South Africa, where he takes to the water at a surf school for disadvantaged children in Durban.

itvX **Devil in Disguise: John Wayne Gacy**

When a young pharmacy worker vanishes in ITV1's 1970s-set true-crime drama, Detective Rafael Tovar (Gabriel Luna) uncovers a lead that points at amateur clown Gacy (Michael Chernus, above)...

THE SIMPLE SOLUTION THAT FITS YOUR OWN BATH...

- ✓ No need to change your existing bathroon
- ✓ Fully guaranteed for peace of mind
- ✓ Built-in LED temperature display
- ✓ Rechargeable battery
- ✓ Retractable for conventional use
- ✓ Lowers and raises you at the touch of a button!

Which? Trusted Trader
Approved Installation Service

SAVE 20%† on the **AquaLift®** Bath Lift

NEXT DAY INSTALLATION AVAILABLE

REVIEWS.io
We're rated Excellent!

HURRY, LIMITED TIME OFFER!

ENJOY BATH TIME INDEPENDENCE AGAIN

Are you finding it difficult to get in and out of a bath?

Enjoy the relaxing warmth of a deep bath with an AquaLift bath lift. Getting in and out of the bath safely and independently is made easy thanks to its innovative slimline design.

AquaLift is designed to fit onto your existing bath and is a convenient and affordable solution to enjoying full depth bathing without having to change your bathroom. There's no need for expensive alterations and no plumbing or building work is required.

AquaLift is safe and simple to use with no worries about losing your balance or slipping. Gently lower yourself using the easy to use handset until you reach the bottom of the bath and then simply lie back and enjoy the pleasures of a full depth relaxing bath.

AquaLift is built to last and our trained fitters will fit in just 1 hour, it couldn't be simpler.

Discover AquaLift for yourself with a free home demonstration and experience the pleasure of a relaxing bath.

Easy to transfer in and out of your bath

Safely lowers & lifts at the touch of a button

For a brochure or free home demonstration

Call **0800 028 2802**

visit **www.aqualift.uk.com**

AquaLift® EASY BATHING

†Applies to deluxe model only. Cannot be used in conjunction with any other offer. Terms and conditions apply. See website for full details. Offer ends 28/02/26.

TVSAT03/02/26q

Pick of the new releases

The best new shows to enjoy this week on streaming services...

7 Little Johnstons

Monday 9 February

The latest season of the US reality series following the Johnston family, all of whom have achondroplasia – a genetic form of dwarfism. There are new challenges for Trent, his wife Amber, their two biological children and their three adopted children from Russia, Korea and China.

The Creature Cases

Monday 9 February

The seventh season of the preschool animated series chronicling the adventures of two animal agents, snow leopard Sam Snow and kit fox Kit Casey, as they travel the world solving mysteries using their sleuthing skills.

ER

Monday 9 February

All 15 seasons of the groundbreaking medical drama from 1994-2009 set in the busy emergency room of Chicago's Cook County General Hospital and starring George Clooney, Noah Wyle and Julianna Margulies.

The Artful Dodger

Tuesday 10 February

The second season of the period adventure series starring Thomas Brodie-Sangster as Jack Dawkins, AKA the Artful Dodger, who's now in Australia, where he is a respected doctor until old acquaintance Fagin (David Thewlis) forces him back into a dangerous life of crime. See feature, page 14.

Love Is Blind

Wednesday 11 February

Nick and Vanessa Lachey are back to host the 10th season of the dating series. A new group of singletons in search of their forever partners prepare to get engaged without seeing each other in person.

Joe's College Road Trip

Friday 13 February

Road comedy – written, directed and starring Tyler Perry – that is part of the Madea franchise. In an effort to teach his sheltered grandson about the real world, Madea's foul-mouthed brother Joe takes the college-bound teen on a raucous cross-country road trip.

State of Fear

Wednesday 11 February

Film spin-off from the Brazilian drama series *Brotherhood*. As São Paulo erupts in a wave of violence, a lawyer with underworld ties must strike a deal with the police to rescue her kidnapped niece.

Cross

Wednesday 11 February

In the second season of the thriller based on the characters in James Patterson's Alex Cross books, brilliant homicide detective and forensic psychologist Alex Cross (Aldis Hodge), who's capable of delving into the minds of murderers, is in pursuit of a ruthless vigilante who is hunting down corrupt billionaires. See feature, page 15.

How to Get to Heaven from Belfast

Thursday 12 February

Comedy drama from *Derry Girls* creator Lisa McGee revolving around three 30-something women who have been friends since school. When they hear about the death of the estranged fourth member of their childhood group, the trio try to piece together the truth about the past. *Unforgotten*'s Sinéad Keenan, *The Dry*'s Roisin Gallagher and *Industry*'s Caoilfhionn Dunne star. See feature, page 12.

Thirst Trap: The Fame. The Fantasy. The Fallout

Thursday 12 February

Docuseries about William White, whose lip-sync videos to classic hits resonated with middle-aged women and made the young man a TikTok sensation in 2020. But the line between fandom and obsession became blurred for some of his followers, who began stalking him.

Dispatches from Elsewhere

Thursday 12 February

Drama from 2020 created by and starring *Shrinking*'s Jason Segel and inspired by alternate-reality games. Four ordinary people stumble on to a puzzle hiding just behind the veil of everyday life and find that the mystery is far deeper than they ever imagined. Previously shown on Prime Video.

Soul Power: The Legend of the American Basketball Association

Thursday 12 February

Docuseries about the American Basketball Association, telling how, after its 1967 launch, the ABA challenged the NBA on and off the court for nine seasons. It also had a lasting impact on the sport including the introduction of the three-point shot and the All-Star Game slam-dunk competition.

Eternity

Friday 13 February

Romcom set in the afterlife. Joan (Elizabeth Olsen) must decide whether to spend eternity with her spouse of 65 years (Miles Teller), or her first husband, who died in the Korean War (Callum Turner).

The Astronaut

Friday 13 February

Sci-fi thriller. When astronaut Sam (Kate Mara) crash-lands back to Earth, she's placed in isolation to rehabilitate. But she soon fears that something extraterrestrial has followed her home. See review, page 21.

Lolita Lobosco

Lolita Lobosco

Friday 13 February

Third run of the Italian crime drama from Walter Presents. Cop Lolita Lobosco (Luisa Ranieri) is drawn into a supposed suicide that exposes secrets and a skydiver's fall that hints at arms trafficking.

Jesy Nelson: Life After Little Mix

Friday 13 February

Docuseries about the singer following her difficult journey to motherhood. Her pregnancy was high-risk and her twin daughters have since been diagnosed with spinal muscular atrophy (SMA). See feature, page 19.

Love Story

Friday 13 February

Anthology drama from Ryan Murphy about the whirlwind courtship and high-profile marriage of John F Kennedy Jr, the son of ex-US President JFK, and US fashion publicist Carolyn Bessette. See feature, page 14.

Motorvalley

Tuesday 10 February

Italian sports drama. Desperate to gain control of her family's famous motorsport team from her brother, Elena (Giulia Michelini) hires a hot-headed young female driver and a troubled coach to race in the Italian Gran Turismo.

WORDS: JUDY EWENS. PHOTOS: C4, NETFLIX

Documentaries

At Pont du Gard aqueduct in France

Tales of the Empire

Professor Alice Roberts explores the secrets of ancient Rome's success...

Hugh Grant: Love Language

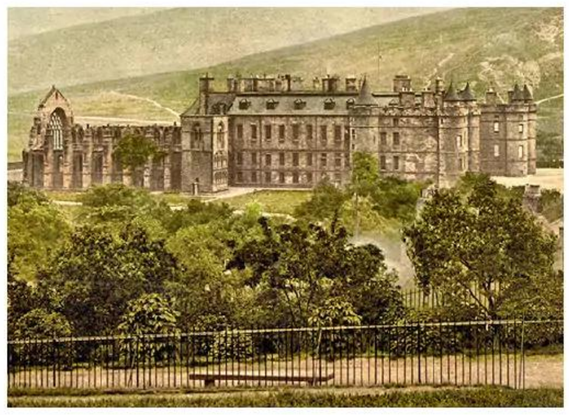
Tuesday, 10.45pm, Sky Arts

Written by Richard Curtis, the 1994 film *Four Weddings and a Funeral* gave Hugh Grant (above) his breakout role as the best man who falls in love with a guest at a friend's wedding. This one-off looks at his roster of romcom roles, from *Notting Hill* and *Love Actually* to the Bridget Jones film franchise.

Becoming Victoria Wood

Thursday, 9pm, U&Gold

This feature-length documentary looks back at the formative years of multitalented comedian, actor and writer Victoria Wood (above), and how her early years informed her career – from a solitary childhood and concerns about her appearance to her experiences as a young, northern woman trying to break into the male-dominated world of comedy.

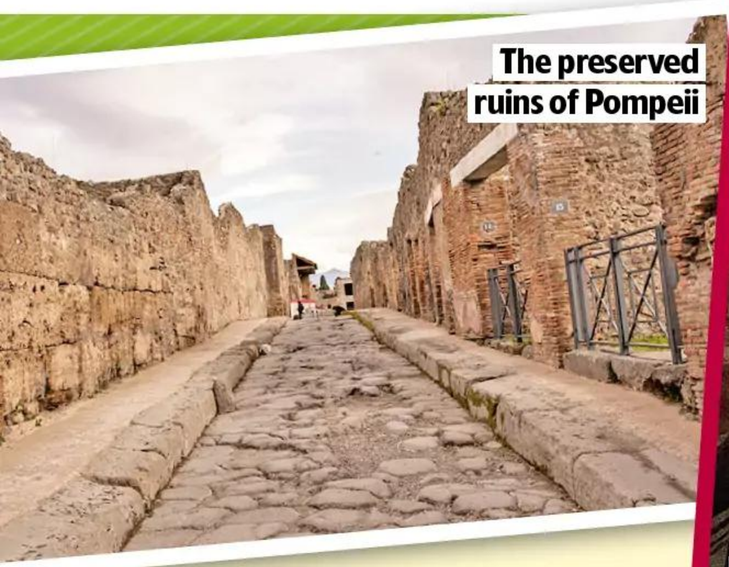


Holyroodhouse: A Royal Residence

Friday, 8pm, 5

Cameras go inside the Palace of Holyroodhouse in Edinburgh, King Charles' official royal residence in Scotland, to reveal its centuries-old history – from the days of Mary Queen of Scots and Bonnie Prince Charlie's rebellion to Queen Elizabeth II lying in solemn rest before her funeral in 2022.

WORDS: HANNAH DAVIES, IAN MACEWAN. PHOTOS: ALAMY, C4, GETTY, SHUTTERSTOCK, SKY, U&GOLD, 5


The preserved ruins of Pompeii

Filming the frescoes

NEW FACTUAL

The Roman Empire by Train with Alice Roberts

Saturday, 8.30pm, C4

How did the city of Rome end up controlling such a vast territory? That's the question Professor Alice Roberts asks in her ambitious new C4 series *The Roman Empire by Train* as she sets out to explore the story of the empire, travelling 1,300 miles through Italy, France and Spain.

'I really wanted to understand how the phenomenon that is the Roman Empire happened,' says Roberts. 'Because it's the first time you've got a tangible empire in terms of one city state ruling over such a huge amount of territory.'

Across six episodes, she visits aqueducts and amphitheatres and even explores the brutal reality of gladiatorial combat. This week, she begins with a trip to Pompeii, which was entombed in ash when Vesuvius erupted in AD 79, leaving behind an extraordinary time capsule.

SNAPSHOT OF HISTORY

'Pompeii throws you into the Roman culture back then in a way that is utterly immersive,' says Roberts. 'You walk through the gates and suddenly you're in this Roman city, going into houses and shops and even a launderette, while every 100 metres or so there's a fountain where Romans would have collected water.'

Also this week, Roberts, 52, and her crew are invited to be the first documentary-makers to film a newly excavated house in Pompeii, featuring a grand banqueting hall complete with 2,000-year old frescoes that shed light on wild bacchanalian parties that may have taken place there.

LEARNING THE TRUTH

'That was incredible,' says Roberts. 'I had a lot of fun making this series. It's completely unscripted and I don't start off knowing what my conclusions are going to be. I'm piecing it together as we go along.

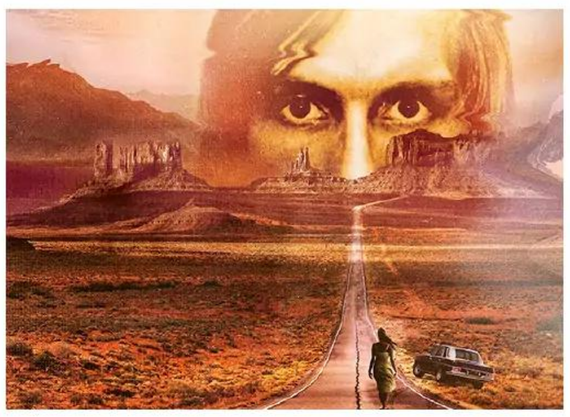
Also in the series, Roberts meets historian Alex Mariotti, adviser on the Gladiator films, who debunks some myths about gladiatorial combat, and visits Pont du Gard, a vast ancient Roman aqueduct built to carry water 31 miles from a spring to what's now Nîmes, France.

'The Roman Empire covered such a huge area and left a lasting legacy,' says Roberts. 'The legacy is there in our architecture and even in our languages. When you go to Italy, France and Spain, they're all speaking modern Latin – they're the languages that Latin has become.'

The Great Icelandic Swim with Ross Edgley

Saturday, 7.30pm, C4

For his latest challenge, endurance athlete and sea swimmer Ross Edgley (above) attempts to swim 1,000 miles around Iceland in its notoriously difficult waters, a massive undertaking that sees him battle hypothermia, salt water 'tongue rot' and swarms of jellyfish – all the while anticipating the birth of his first child.



Charmed by the Devil

Wednesday, 9pm, Sky Crime

In 1973, American serial killers Doug Gretzler and Willie Steelman murdered 17 people during a three-week cross-country road trip. Drawing on hundreds of hours of recorded conversations with Gretzler, who was executed by lethal injection in 1998, this one-off reveals the psychology behind the pair's shocking killing spree.

Jesy Nelson

Labour of love

NEW FROM prime video

Little Mix's **Jesy Nelson** allows cameras to follow her high-risk pregnancy

NEW FACTUAL

Jesy Nelson: Life after Little Mix

From Fri 13 February, Prime Video

Alongside Perrie Edwards, Leigh-Anne Pinnock and Jade Thirlwall, Jesy Nelson catapulted to fame as part of Little Mix after winning *The X Factor* back in 2011 – before the singer dramatically quit the all-girl group in 2020.

Now, in a brave new Prime Video series, *Jesy Nelson: Life after Little Mix*, the 34-year-old opens up about her mental-health struggles, the relentless pressures of fame, and becoming a mum to twin girls Ocean and Story with a pregnancy that ended up fraught with risk.

'Letting the cameras in wasn't an easy decision as it's such a deeply personal time, but I knew I wanted to tell my story in my own words,' says Nelson. 'It's not been easy as it's been such a high-risk pregnancy. So you'll see all the highs and lows and the rollercoaster of emotions.'

In the six-parter, cameras capture the heartbreaking moment Nelson and her now ex-fiancé Zion Foster were told there was only a 5% chance their twins would survive birth.

Although their daughters were born safely in May 2025 at 31 weeks, Nelson has revealed they've been diagnosed with a severe form of spinal muscular atrophy, Type 1, a rare genetic condition.

'We were told they're probably never going to be able to walk. They'll probably never regain their neck strength,' she explains. 'The best thing we can do right now is to get them treatment, and then just hope for the best.

'I almost feel like I'm grieving a life I thought I'd have. But I have to be grateful because, at the end of the day, they're still here – and if I can raise awareness, then something good has to come out of this.'

Nelson (left) with Little Mix

Nelson and Foster with their twins

Films Our pick of this

How to Train Your Dragon

Mason Thames stars in this splendid live-action version of the animated blockbuster

MOVIE OF THE WEEK

FANTASY ADVENTURE

Friday, 8.25am & 4pm, Sky Premiere ★★★★

DreamWorks is copying the Disney playbook with this live-action remake, the studio's first, of its enchanting animated fantasy adventure based on the book by Cressida Cowell about an island where Vikings and dragons are at permanent war.

As you might expect, director Dean DeBlois (co-director of the 2010 animated film) cleaves closely to the original movie's story beats as misfit youngster Hiccup (Mason Thames) becomes the unlikely hero of the island of Berk – much to the surprise of his despairing father, Stoick, the clan's chief (Gerard Butler, successfully repeating his animated role) – after he secretly befriends a dragon (which he names Toothless) and learns ways of disarming dragons that don't involve endless belligerent bashing.

Thames (best known as the young star of *The Black Phone* movies) is a good fit for the skinny hero, who more than makes up in brains for what he lacks in brawn, while Nico Parker shines, too, as young warrior-in-the-making Astrid (Hiccup's crush), as does Nick Frost as their gruff trainer.

The new film doesn't soar quite as high as its predecessor, but it has enough humour, heart and eye-popping dragon-flying action to make this a highly entertaining family film. 2025, PG, 125MIN

STAR RATINGS ★★★★★ Excellent ★★★★ Very good ★★★ Good ★★ Average ★ Poor

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner>>>

week's Best Movies

PSYCHOLOGICAL THRILLER

Anniversary

Available now, Netflix ★★★★

Starting at the 25th wedding anniversary party of political professor Diane Lane and chef Kyle Chandler, this chilling movie follows them and their adult children – three high achieving daughters (Madeline Brewer, Zoey Deutch and Mckenna Grace) and a failed writer son (Dylan O'Brien) – over the following five years as the US becomes swept up in a draconian, authoritarian movement. And it's all led by O'Brien's new girlfriend (Phoebe Dynevor), whose motivations seem both political and personal. The first third of director Jan Komasa's movie is a tad clunky, but when it finds its feet it is a stark, revealing look at how easily democracy can be toppled. With the help of a uniformly excellent cast this pulls no punches, showing us a terrifyingly plausible future. 2025, 15, 111MIN

Calm before the storm: Kyle and Diane

Finely tuned: Kate and Hugh

MUSIC BIOPIC

Song Sung Blue

Available now, buy or rent from digital stores including Prime Video and Sky Store ★★★

Hearty, full-throated performances by Hugh Jackman and Kate Hudson lift up this tear-tugging musical biopic. Jackman's car mechanic Mike is a divorced Vietnam veteran, recovering alcoholic and part-time performer who joins forces in the late 1980s with Hudson's single mother Claire, a hairdresser and Patsy Cline impersonator. Together, they belt out Neil Diamond classics as Lightning & Thunder, fall in love, and win local renown, only to be hit by a series of offstage calamities. Inspired by a 2008 documentary about the couple, the movie hits some fairly predictable dramatic beats but has a story so outlandish it can only be true. It won't work for everyone, but its sincerity is never in doubt. 2025, 12, 132MIN

Behind you: Kate

SCI-FI THRILLER

The Astronaut

From Friday, Paramount+ ★★★

After a crash landing back to Earth, astronaut Kate Mara can't shake the feeling she's brought something alien back with her. Her dad, government top dog Laurence Fishburne, puts her up in a super swanky hideaway that doubles up as a quarantine, but Mara fears for her husband and daughter when she hears terrifying bumps in the night... An effective, lean sci-fi thriller that leans into mystery, this is suitably entertaining thanks to a committed Mara and writer-director Jess Varley's keen eye for visual composition. The finale feels a little unearned, but getting there is plenty of fun. 2025, 15, 90MIN

CRIME THRILLER

Neighborhood Watch

Sunday, 6.15am & 6.20pm, Sky Premiere ★★★★

Although Simon (Jack Quaid) knows he saw a young woman being kidnapped, trying to get anyone else to believe him is near impossible, due to his mental illness and years of hospitalisation. Thankfully, he forges a tentative alliance with his bitter, just as deluded ex-security guard neighbour Ed (Jeffrey Dean Morgan), to find the girl. A superb thriller, this creates excellent characters for the lead actors to inhabit and they do so brilliantly. The bones of the tale may be familiar, but this is done so well and with such a rich sense of personality, you won't care. 2025, 15, 92MIN

On the trail: Jeffrey and Jack

Films

Love in nature: Jessie and Paul

HISTORICAL DRAMA

Hamnet

From Monday, buy or rent from digital stores including Prime Video and Sky Store ★★★★

A strong favourite for this year's Best Actress Oscar, Jessie Buckley delivers a heart-wrenching performance in director Chloé Zhao's beautifully filmed version of Maggie O'Farrell's 2020 novel. The conceit of book and film is that the death of William Shakespeare's 11-year-old son Hamnet inspired him to write *Hamlet* (the two names were apparently interchangeable in Shakespeare's day).

Yet it isn't Shakespeare but his wife (here called Agnes rather than the more familiar Anne) around whom O'Farrell's highly speculative narrative revolves. Buckley's Agnes is independent, earthy, wise, a bit of a witch, yet when plague reaches Stratford while her husband is forging his career in London, she is helpless to save their son.

O'Farrell and Zhao's co-written screenplay is less daring than the book, Paul Mescal's Shakespeare isn't entirely convincing and Max Richter's score tugs a little too insistently at the heartstrings. But the film brilliantly captures the forest world where Agnes feels most at home, and the emotional climax at a performance of *Hamlet* at the Globe Theatre is overwhelmingly stirring. 2025, 12, 126MIN

Hidden gems Great movies you might have missed...

COMEDY DRAMA

Hunt for the Wilderpeople

MGM+ ★★★★

Directed by Taika Waititi (maker of vampire comedy *What We Do in the Shadows* and the last two *Thor* movies), this odd-couple comedy drama from New Zealand is the tale of a troubled misfit city kid (Julian Dennison) who goes missing in the bush with his cantankerous foster father (Sam Neill). As the pair try to evade the pursuing authorities, the culture clash between them sets up a constant supply of gags in a poignant and compulsively funny adventure. 2016, 12, 97MIN

CHILLER

Sleep

BFI Player ★★★★

New mum Jung Yu-mi is terrified when husband Lee Sun-kyun begins sleepwalking and uttering threats in the night. 'Are you going to kill my daughter?' she asks. 'I don't know,' comes the chilling response. Splitting the story across three acts, the tension cranks up as shifting perspectives twist the narrative to the nerve-shredding finale. With captivating performances, this is a confident and subversive twist on horror conventions. Subtitled. 2023, 15, 94MIN

MUSICAL

tick, tick... BOOM!

Netflix ★★★★

Hamilton genius Lin-Manuel Miranda makes his directorial debut adapting a work by *Rent* creator Jonathan Larson. The autobiographical story follows wannabe theatre composer Jon (Andrew Garfield) as his dream collides with reality: working in a diner in 1990, he's burdened with a desperate urge to stage his musical ambition before he turns 30. Garfield is superb in his first singing role, while LMM directs with verve, nailing the varied musical numbers. 2021, 12, 120MIN

Saturday 7 February

HISTORICAL ACTION

The Woman King

9.30pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Sneaking up silently on a village, a platoon of elite warriors smashes into its foes with blood-curdling skill and strength. But what gives this movie extra punch is that the much-feared Agojie are women, the real-life King's Guard of the 19th-century African kingdom of Dahomey (in present-day Benin). A magisterial Viola Davis drives the movie, using her considerable gravitas to portray the weighty burdens and dogged leadership of her General Nanisca and her death-or-glory struggle to repel the neighbouring Oyo invaders and Portuguese slavers. The battle scenes are exhilarating, but there's also considerable emotional heft here, too. 2022, 15, 135MIN

Into battle: Viola and Thusa Mbedu

BIOPIC

Springsteen: Deliver Me from Nowhere

On now, Disney+ ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE This biopic of Bruce Springsteen (Jeremy Allen White) focuses on the making of his haunting 1982 album *Nebraska*, which he made in the bedroom of his rented New Jersey home and doggedly fought his record company to release it in its raw state. It's a shame the underpowered script lacks impact, because White does a great job with the songs and conveying the star's turmoil, while Stephen Graham as his bullying dad and Jeremy Strong as his manager lend impressive support. 2024, 12, 119MIN

COMEDY

The Producers

12.45am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Although it failed to make a box-office impression when first released, this sparkling comedy from director Mel Brooks has grown in stature to become a classic and, more recently, spawned a hit stage musical, which, in turn, inspired a film remake in 2005. It's arguable, though, whether anyone could step into the shoes of the extraordinary Gene Wilder and Zero Mostel as the theatrical impresarios out to engineer a disaster. The ludicrous musical within the film, *Springtime for Hitler*, is a showstopper in every sense of the word. 1967, PG, 88MIN

COMEDY

The Personal History of David Copperfield

4.30pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Master satirist Armando Iannucci brings fizzing wit and buoyant energy to this highly original adaptation of Charles Dickens' classic novel. Dev Patel bubbles with infectious charm and playful brio in the part of Dickens' eponymous hero and there are juicy roles, too, for Peter Capaldi as perennially impecunious, perennially optimistic Mr Micawber, Tilda Swinton as David's eccentric aunt Betsey Trotwood, Hugh Laurie as fragile Mr Dick and Ben Whishaw as a superbly creepy Uriah Heep. 2019, PG, 119MIN

HORROR

The Lighthouse

1.30am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

On a remote lighthouse off the coast of 1890s New England, Willem Dafoe and Robert Pattinson struggle to hang on to their sanity during a four-week shift. Dafoe and Pattinson throw themselves into their troubled characters – an ornery nautical veteran and a callow landlubber – with conviction, while writer-director Robert Eggers' striking black-and-white cinematography and eerie, claustrophobic atmosphere make for a spine-tingling, disquieting experience. 2019, 15, 109MIN

Full listings start on p35

Sunday 8 February

PERIOD DRAMA

Emily

10pm, BBC2 (11.30pm Northern Ireland) ★★★★

Sex ●●● Violence ●●● Language ●●●

A brilliantly imagined take on the brief, little-known life of *Wuthering Heights* author Emily Brontë, played with wild intensity by Emma Mackey. Along with her brother (Fionn Whitehead) and sisters (Amelia Gething and Alexandra Dowling), eccentric, anti-social Emily lives a life of learning and freedom on the Yorkshire moors, thanks to her pastor father (Adrian Dunbar). But the arrival of a dashing new vicar (Oliver Jackson-Cohen) has her world exploding. As much about Victorian societal constraints placed upon Emily as her mental health, the film's as smart as it is sensual, lush and gripping with a fierce adoration for this singular woman. 2022, 15, 125MIN

Taking to the hills: Emma

ANIMATION

Marcel the Shell with Shoes On

6.05am, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Marcel the Shell (voiced by co-writer Jenny Slate) lives discreetly with Connie (Isabella Rossellini) and uses MacGyver-worthy improvisational techniques to obtain resources out of sight of humans. But he finds fame when a documentarian (director Dean Fleischer Camp) discovers the pair and his film goes viral. Sidestepping annoying mawkishness and mixing observational comedy with genuinely moving insight, this largely stop-motion mock doc – based on the online shorts – excels. 2021, PG, 90MIN

FANTASY

Ghost

10.15pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

After Patrick Swayze is murdered, he comes back as an invisible spirit to prevent the same thing from happening to his sweetheart, Demi Moore. Whoopi Goldberg (winning an Oscar) plays a wisecracking medium who is able to see him and is roped in to help in this box-office hit that mixes action, comedy and love story. The romance, including the famous potter's wheel sequence, has got enough sugar to touch even the toughest heart in a movie that may be overheated and overearnest, but still satisfies on every level. 1990, 12, 127MIN

DRAMA

Past Lives

12m't, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

In Seoul, two childhood pals' relationship ends when the girl's family uproots to Toronto. While social media allows Nora (Greta Lee) and Nae Sung (Teo Yoo) to rekindle a connection, circumstances keep them apart for 24 years, when they manage to meet in New York where Nora lives with Arthur (John Magaro). Building up immense wells of feelings for its trio of likeable individuals, writer-director Celine Song's film is a tender and exquisitely judged film of remarkable poise and power. Also on Studiocanal Presents. 2023, 12, 106MIN

ACTION

The 355

12.05am, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

Can a group of top female spies from all over the globe prevent a world-ending gizmo falling into the wrong hands? Jessica Chastain, Lupita Nyong'o, Diane Kruger, Penélope Cruz and Bingbing Fan bring their A-game to a routine thriller in a perfect example of what excellent actors bring to the party. The men, including Jason Flemyng and Sebastian Stan, play second string in this enjoyable, if disposable, caper that contains a couple of cracking set-pieces but little invention. 2022, 12, 122MIN

Full listings start on p45

Weekday movies over page

Films Weekday movies

Monday 9 February

ACTION DRAMA

Karate Kid: Legends

12.45pm, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

In China, skilled martial-arts student Ben Wang is mentored by kindly Jackie Chan. Then he's uprooted to New York where, naturally, there's a bully (Aramis Knight) waiting for his comeuppance… There are an awful lot of plotlines on the boil in director Jonathan Entwhistle's overstuffed yarn, before we get down to the pivotal fighting, but it's thoroughly enjoyable. Wang is an appealing hero, Chan twinkles and original karate kid Ralph Macchio makes a welcome return, too. 2025, 12, 94MIN

Mentors: Jackie, Ben and Ralph

COMEDY DRAMA

My Dead Friend Zoe

6.20am, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Suffering from PTSD, ex-soldier Merit (Sonequa Martin-Green) has fellow ex-military and mouthy dead bestie Zoe (Natalie Morales) always by her side. But things come to a head when Merit is forced to care for her angry, ageing granddad (Ed Harris). Based on the real struggles of many veterans when they leave the service, this movie may finish a bit too neatly, but is sincere and heartfelt. 2024, 15, 103MIN

FAMILY COMEDY

The Borrowers

4.25pm, Sky Family ★★★★

Sex ●●● Violence ●●● Language ●●●

A lively and imaginative adaptation of Mary Norton's classic children's novel. Director Peter Hewitt creates a surreal, gently silly world about tiny people who live under the floorboards and take on John Goodman's villain, who tries to swindle the full-size folks who own their house. The film puts much of its emphasis on its effects, but it's the great turns from Goodman, Celia Imrie and Jim Broadbent that keep you entertained. 1997, U, 86MIN

BIOPIC

I, Tonya

11.05am & 5.45am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Margot Robbie burns up the ice as disgraced 1990s figure skater Tonya Harding in this ferociously funny biopic. Skating a thin line between celebration and send-up, Robbie totally nails the role of the rebel who shook up her prissy sport, then became a hate figure after she was implicated in an attack on rival Nancy Kerrigan. Allison Janney is a blast, too, as her impossibly mean-spirited mother. 2017, 15, 119MIN

CLASSIC ADVENTURE

Deliverance

11.50pm, BBC2 (not N Ireland) ★★★★★

Sex ●●● Violence ●●● Language ●●●

This celebrated survival story is one of the most chilling films of the 1970s. Director John Boorman mixes lyricism with savagery to awesome effect as city slickers Burt Reynolds, Jon Voight, Ned Beatty and Ronny Cox find themselves battling murderous hillbillies and the elements after a fishing trip to the Appalachian mountains goes horribly sour. 1972, 18, 104MIN

■ Full listings start on p55

Tuesday 10 February

THRILLER

Alice, Darling

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A superb, if deeply uncomfortable, study in coercion and control, this stars an excellent Anna Kendrick as Alice, the subdued, insular girlfriend of emotionally abusive artist Simon (Charlie Carrick). So malign is his influence that, terrified of riling him, she concocts a work-related excuse to spend a week away with besties Sophie (Wunmi Mosaku) and Tess (Kaniehtiio Horn). But will the lakeside vacation give her the reality check she needs, or are Simon's hooks too deeply embedded in her? 2022, 15, 90MIN

Under control: Anna

SCI-FI ACTION

Dual

9.15am, Sky Sci-Fi/Horror ★★★

Sex ●●● Violence ●●● Language ●●●

Learning she's terminally ill, Karen Gillan's Sarah orders a clone of herself. But it transpires she's not so unwell after all and has to fight her double (which her mum and boyfriend prefer) in a duel to the death, because only one version of a person is allowed to exist. Cue Aaron Paul, who has all the lethal skills Sarah requires to vanquish her inconvenient doppelganger in this drily witty, oddball sci-fi. 2022, 15, 94MIN

DRAMA

Queer

11pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

By turns cocksure and vulnerable, Daniel Craig gives a brilliant turn as a dissolute American in early-1950s Mexico City in this flashy but surprisingly dull adaptation of William S Burroughs' semi-autobiographical tale. Craig's tequila-swigging, heroin-addict gay expat pursues obsessions for clean-cut ex-serviceman Drew Starkey and his desire to locate a psychoactive South American plant with telepathic properties. 2024, 18, 137MIN

THRILLER

Internal Affairs

9pm, Legend ★★★★

Sex ●●● Violence ●●● Language ●●●

Richard Gere is so good as the monstrously corrupt cop at the heart of this crime thriller that you wish he had chosen to play villainous roles more often. Andy Garcia is also at his best as the newcomer to Internal Affairs who becomes obsessed with Gere's dodgy activities. With scalding film-making style, British director Mike Figgis turns this from being just a straight action film into one with great intelligence and dramatic power. 1990, 18, 117MIN

COMEDY HORROR

Heat and Dust

12.55am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Julie Christie is marvellous as a researcher who inherits letters written by her great aunt (Great Scacchi) from the India of the 1920s, and becomes obsessed with their revelation of an exotic past. With an assured evocation of the sights, sounds and feel of India, this is one of the best dramas from director James Ivory, producer Ismail Merchant and writer Ruth Prawer Jhabvala. 1982, 15, 133MIN

■ Full listings start on p65

Wednesday

HORROR

Sinners

5.40pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

In the 1930s, Michael B Jordan's identical twins return to their Mississippi home to open a juke joint under the racist noses of the Ku Klux Klan. The twins gather talented blues players, including Miles

By invite only: Michaels and co

COMEDY

Friendship

2.35pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

A cringe comedy starring master of the genre Tim Robinson, this sees his misfit suburban dad entranced with cool new neighbour Paul Rudd and his male friendship group. But he makes a complete fool of himself. Not everything works, but writer-director Andrew DeYoung has a great sense of building a world around the comedian and it'll make you laugh at unexpected moments. 2025, 15, 101MIN

CHILLER

Ghost Stories

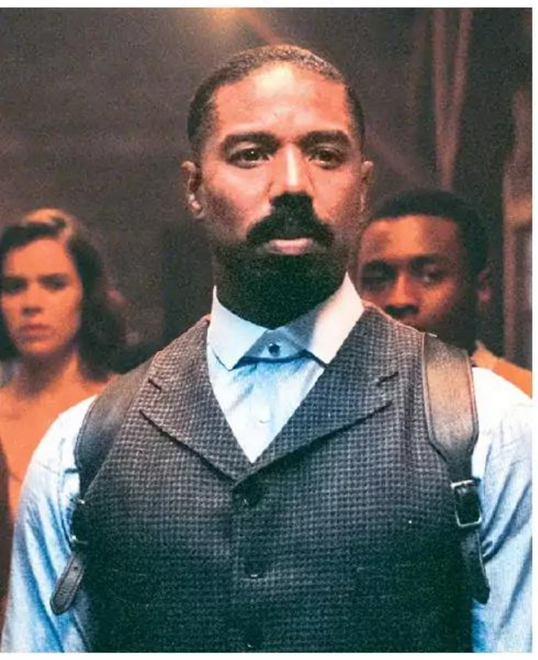
12.10am, BBC1 (not NI, Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

A delightfully spine-tingling chiller written and directed by Andy Nyman and Jeremy Dyson, adapting their stage play. Nyman also stars as a smug professional sceptic who goes around debunking belief in the supernatural, but who's in for the fright of his life when he's asked to examine three creepy, inexplicable stories involving Paul Whitehouse, Alex Lawther and Martin Freeman. 2017, 15, 98MIN

11 February

Caton and Delroy Lindo, to make it an opening night to remember. And it's certainly unforgettable when Jack O'Donnell's vampire turns up and writer-director Ryan Coogler lets loose with an audacious, jaw-dropping gore-fest. With 16 Oscar nominations, the most ever, this is a thrilling, striking and exhilarating ride. 2025, 15, 138MIN



WESTERN

3.10 to Yuma

11.10pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This thrilling remake of the classic 1957 western is driven by the intense battle of wills between Russell Crowe's vicious outlaw and Christian Bale's cash-strapped farmer, who volunteers to put Crowe on the train that'll take him to jail. But Crowe's outlaw gang is doing all it can to set him free... Crowe's charismatic turn is impossible to fault and, with its rugged terrain and deadly gunplay, this is a winner all the way. 2007, 15, 122MIN

ROMCOM

Bros

1.30am, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

New Yorker Bobby (Billy Eichner, who also co-wrote with director Nicholas Stoller) is working on the opening of the first national LGBTQ+ museum. At a launch party, Bobby locks eyes with Aaron (Luke Macfarlane). There's an attraction, but can this chalk-and-cheese pair make things work? This romcom follows a familiar path, but it's a frank, funny delight. 2022, 15, 116MIN

Full listings start on p75

Thursday 12 February

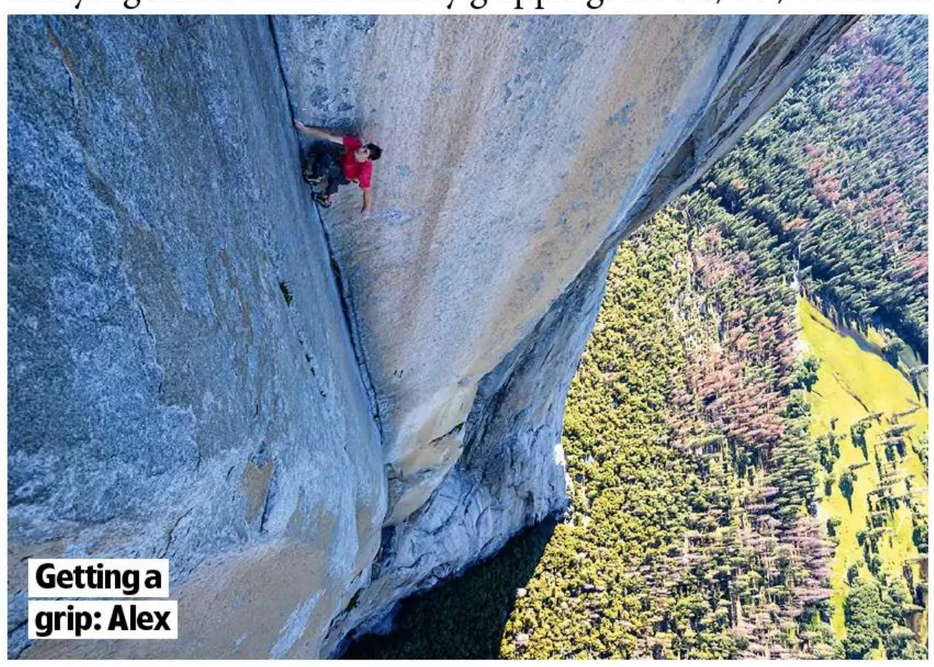
DOCUMENTARY

Free Solo

11.55pm, BBC2 (not Wales) ★★★★

Sex ●●● Violence ●●● Language ●●●

This awesome documentary follows climber Alex Honnold as he scales the almost sheer 3,000ft rock face of El Capitan in California's Yosemite National Park – without ropes or safety gear (he famously did the same for last month's climb up the Tapei 101 tower). Expertly shot by Jimmy Chin and Elizabeth Chai Vasarhelyi, the film follows Honnold's intense preparations for the climb over several years, revealing a supreme athlete with laser focus, while the dizzying climb itself is utterly gripping. 2018, 12, 100MIN



Getting a grip: Alex

THRILLER

The Wasp

9.50am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

A fraught, compelling thriller, this film deals with much more substantial elements than it first appears. In Bath, Naomie Harris' twitchy middle-class woman contacts no-nonsense working-class old school acquaintance Natalie Dormer with an offer she can't refuse... Effectively a two-hander with both actors on brilliant form, this tense film maintains a chilling, claustrophobic air, twisting and contorting until the final shot. 2024, 15, 95MIN

SCI-FI

Arrival

10.05am & 8pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

This intelligent sci-fi suggests that wonder and humility would be a smarter response than violence if aliens turned up. Dotted about the globe are 12 extraterrestrial spacecraft and Amy Adams' linguist is brought to Montana by colonel Forest Whitaker to find out what the visitors want. But she and scientist Jeremy Renner have to race against time, as the world's military leaders have itchy trigger fingers. 2016, 12, 116MIN

DRAMA

The Post

6pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Steadfast newspaper publisher Kay Graham (Meryl Streep) and *Washington Post* editor Ben Bradlee (Tom Hanks) team up to expose the lies of President Nixon's US government over Vietnam, paving the way for Watergate, in director Steven Spielberg's fact-based drama set in 1971. The movie makes for riveting viewing, even though we know the outcome, and is also a rousing salute to the news media. 2017, 12, 116MIN

WORLD CINEMA

Woman at War

2.20am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Conductor Halla (Halldóra Geirharðsdóttir) leads a double life as an ecoactivist, killing power to an aluminium plant in Iceland's windswept highlands. But she's forced to reassess her priorities when a forgotten adoption application belatedly comes through. Benedikt Erlingsson's joyously eccentric adventure balances exciting thrills with irresistible quirks. Subtitled. 2018, 12, 101MIN

Full listings start on p85

Friday 13 February

CRIME COMEDY

Queenpins

12.10am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Frustrated Arizona suburbanites Kristen Bell and Kirby Howell Baptiste turn their extreme-couponing hobby into a multi-million dollar criminal enterprise, complete with a hangar full of Lamborghinis. Vince Vaughn is a no-nonsense postal inspector who teams up with a bumbling grocery store security manager (a hilarious Paul Walter Hauser) to bring down these unlikely crooks. Though low-brow in spots, this is a thoroughly entertaining, fast-paced crime comedy based on a true story. 2021, 15, 110MIN

High life: Kirby and Kristen

ACTION COMEDY

Kingsman: The Golden Circle

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

In this sequel, Taron Egerton's debonair Kingsman spies have to team up with their brash US counterparts from the Statesman agency to take on Julianne Moore's drug queen. Channing Tatum, Halle Berry and Jeff Bridges are new faces, while Mark Strong and Colin Firth are back. This lacks the fun of the first film, but there is much to enjoy – especially Elton John's hilarious extended cameo. 2017, 15, 141MIN

HORROR

Nosferatu the Vampyre

10.10pm, Talking Pictures ★★★★

Sex ●●● Violence ●●● Language ●●●

Klaus Kinksi looks the creepy part in Werner Herzog's slow but visually magnificent remake of the 1922 silent horror classic. All teeth, long nails and deathly white skin, Kinski is a rat-like, monstrously weird creation, contrasting with the wholesome couple, Lucy and Jonathan Harker (Isabelle Adjani and Bruno Ganz), who come under his spell. Subtitled. 1979, 15, 107MIN

MUSICAL

Moulin Rouge!

11pm, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1899 Montmatre, Paris, Ewan McGregor's penniless writer falls for the star of the Moulin Rouge, Nicole Kidman. But he has a rival for her affections in Richard Roxburgh. Director Baz Luhrmann lavishes enormous care on this visually stunning musical, from the amazing costumes and set design to the punchy music soundtrack, and it's a whirl of action, dancing and colour. And Kidman and McGregor's singing's not bad, either. 2001, 12, 128MIN

ROMCOM

I Give It a Year

12.45am, BBC1 (1.15am Scotland) ★★★

Sex ●●● Violence ●●● Language ●●●

For a change, this begins where romcoms usually end. Rafe Spall and Rose Byrne have tied the knot, but one glance tells you they are totally unsuited. And temptation lurks, for old flames and handsome clients. Can their marriage survive? The plot's contrived, but there are plenty of gags and some hilarious, raunchy set-pieces. 2013, 15, 97MIN

Full listings start on p95

Sport week

Your **ultimate guide** to the best of the week's live action

Matt Weston

Gold-medallist **Amy Williams** predicts skeleton success for Team GB

THE MAIN EVENT

Winter Olympics

British hope Marcus Wyatt

WORDS: RICHARD MCCLURE. PHOTOS: KATE/ STOCK.ADOBE.COM, GETTY, SHUTTERSTOCK, TEAM GB/SAM MELLISH

LIVE WINTER SPORTS

From Saturday, BBC1, BBC2, TNT Sports & Discovery+

No nation has won more Olympics skeleton medals than Great Britain, with Amy Williams and Lizzy Yarnold famously claiming three consecutive golds between 2010 and 2018 as part of Team GB's record haul of nine medals.

The event featured at the Winter Games in 1928 and 1948, but was only added to the permanent schedule in 2002, becoming one of the must-see events as athletes hurtle head-first down an ice track at speeds of 90mph.

Four years ago in Beijing, Team GB returned home from a Games empty-handed for the first time, but hopes are high for the five-strong squad heading to Cortina – not least in the men's singles (Thursday & Friday). Can Matt Weston or Marcus Wyatt become the first male Brit to top the podium?

We caught up with former Olympic champion Williams, who's working at the Games for TNT Sports & Discovery+, to hear more about our chances…

Can Team GB add to our record medal haul? It could be the best Games yet. Our equipment is in good shape and Team GB has the best coach in the world, Martins Dukurs from Latvia. He's the GOAT.

Who is our biggest hope for gold? Matt Weston is world champion and the man of the moment. He has already clocked up victories this season, including the World Cup test run at Cortina, so he knows he can win on the track. One of his biggest rivals is teammate Marcus Wyatt – it will be a fantastic contest.

What about the women's event? All eyes will be on former trapeze artist Tabby Stoecker, who is a regular top-six finisher in World Cup events. She also has a great chance to medal with Marcus in the mixed-team event, which is new to the Games. Freya Tarbit and Amelia Coltman also have wins under their belts.

Amy Williams with her gold medal in 2010

What are the biggest challenges for skeleton athletes? In the Olympics, there are four runs, compared with just two in World Cup events, so recovery is so important and keeping free of injuries. There is a lot of G-force on your body when you are flying down an ice track at 90mph.

Who else will you be looking out for at the Games? I follow US alpine skier Lindsey Vonn on Instagram and she's awesome. She's 41 now and has a partial knee replacement, but she could easily win another medal. I love her spirit and devotion to her sport.

TURN OVER FOR
More sport, A-Z planner & Winter Olympics guide>>>

GOLDEN MOMENTS

We pick this week's medal-event highlights...

SATURDAY
As the first medals of the Games are handed out, can Italy's alpine skier Giovanni Franzoni (right) win for the hosts in the men's downhill?

SUNDAY
In her fifth Olympics, USA's legendary alpine skier Lindsey Vonn (right) is among the favourites in the women's downhill.

MONDAY
Team GB's freestyle skier Kirsty Muir (right) comes into the women's slopestyle on the back of her X Games triumph in January.

TUESDAY
British curlers Bruce Mouat and Jennifer Dodds (both right) came fourth in Beijing. Can they claim a mixed-doubles medal in 2026?

WEDNESDAY
Team GB's Lilah Fear and Lewis Gibson (both right) bid to emulate Torvill and Dean with a figure-skating free dance.

THURSDAY
USA snowboarder Chloe Kim (right) is going for a record three consecutive golds in the women's halfpipe competition.

FRIDAY
USA figure-skating sensation Ilia Malinin (right), AKA the Quad God, starts a strong favourite as the men's singles concludes.

Quarterbacks Sam Darnold and Drake Maye

60 Super Bowl

The revitalised **Patriots** return to the spotlight against the **Seahawks**

LIVE AMERICAN FOOTBALL

Sunday, kick-off 11.30pm, 5, Sky Sports & Sky Showcase

New England Patriots will get the chance to relive their former glory when they aim for a record seventh Super Bowl title at Levi's Stadium in Santa Clara, California, on Sunday night.

The Massachusetts-based side have claimed the Vince Lombardi Trophy six times since 2001, when star quarterback Tom Brady combined with legendary head coach Bill Belichick to dominate the NFL for two decades.

Seahawks' Aden Durde

After a spell in the doldrums, the Patriots' fortunes have been turned around. In just 12 months, new head coach Mike Vrabel has got the best out of his team, including quarterback Drake Maye, and he aims to become the first person to win the Super Bowl as a player and head coach with the same franchise.

Standing in his way are 2014 winners Seattle Seahawks, out for revenge after losing to the Patriots in the 2015 showpiece, marking their last appearance in the Super Bowl. Their hopes this time will hinge on the performances of wide receiver Jaxon Smith-Njigba and quarterback Sam Darnold, who excelled under pressure in the NFC Championship win over LA Rams.

There's also a UK connection, with defensive coordinator Aden Durde becoming the first British coach to make a Super Bowl after transforming Seattle's defence into one of the best in the NFL.

IT'S SHOWTIME!

The entertainment this year is provided by Latin music superstar Bad Bunny, who will perform the prestigious half-time show. The Grammy-winning Puerto Rican rapper is also something of a fashion icon, and has teased his performance by declaring: 'The world will dance!'

Meanwhile, rock band Green Day will play at the opening ceremony and Brandi Carlile will sing *America the Beautiful*, with R&B singer Coco Jones and pop star Charlie Puth also set to perform.

Bad Bunny

Chelsea's Marc Guiu (top) and Arthur Okonkwo

LIVE FOOTBALL

FA Cup Fourth Round

Friday, kick-offs 7.45pm, BBC1, TNT Sports & Discovery+

The fourth-round weekend gets under way with two intriguing live matches. After Chelsea put five past Charlton in the last round, Liam Rosenior takes the Blues to Championship side Hull City (BBC1 (not Wales), TNT Sports 1 & Discovery+). Rosenior made 161 appearances for the Tigers and also managed the side from 2022 to 2024.

Also on Friday, Wrexham travel to Championship rivals Ipswich Town hoping to add another chapter to their story (BBC 1 in Wales, TNT Sports 5 & Discovery+). The Dragons beat Nottingham Forest on penalties in the third round, with vital saves from keeper Arthur Okonkwo.

It's definitely

thingymejig

from

whatcha-

macallit?

There's No Place Like itv

T20 World Cup

Harry Brook leads England in his first major tournament

Champions India

India star Abhishek Sharma

England captain Harry Brook

LIVE CRICKET

From Saturday, Sky Sports Cricket & Sky Sports Main Event

Pace bowler Jofra Archer joins captain Harry Brook in the England squad as 20 teams gather across India and Sri Lanka for the 10th edition of the men's T20 World Cup.

Two-time winners England start their Group C matches by facing Nepal on Sunday (9.30am) and West Indies on Wednesday (1.30pm), with both games taking place in Mumbai. Group C also includes late additions Scotland and debutants Italy, whose squad is composed almost entirely of foreign-born players.

The England squad also features Phil Salt in a strong batting line-up, plus bowler Josh Tongue, who excelled in 2025's The Hundred.

Defending champions India have big hitter Abhishek Sharma in their ranks and are favourites to win. Suryakumar Yadav's side begins against USA in Group A on Saturday (1.30pm) and will lock horns with arch-rivals Pakistan in Colombo on Sunday 15 February.

THE GROUPS

The top two in each group progress to the Super 8 stage, which is split into two. The top two from Group 1 and Group 2 go through to the semi-finals.

GROUP A
India, Namibia, Netherlands, Pakistan, USA

GROUP B
Australia, Ireland, Oman, Sri Lanka, Zimbabwe

GROUP C
England, Italy, Nepal, Scotland, West Indies

GROUP D
Afghanistan, Canada, New Zealand, South Africa, UAE

Scotland's Ewan Ashman (centre)

LIVE RUGBY UNION

Six Nations

Sat, BBC1, ITV1, S4C & Premier Sports 1

Following the France-Ireland opener in Paris on Thursday 5 February, Italy entertain Scotland on Saturday (kick-off 2.10pm, BBC1 & Premier Sports 1), with the hosts having won in Rome two years ago. Then England face Wales at Twickenham (4.40pm, ITV1 & S4C), where Steve Borthwick's men will look to continue an 11-match winning streak, while Steve Tandy's Welsh side are still in crisis after three heavy autumn defeats. 'I'm looking forward to seeing Finn Russell and Ewan Ashman, but Scotland will need to give Italy respect,' says World Cup winner and ITV pundit Jonny Wilkinson. 'England are my favourites for the title, while Wales will be desperate to make a statement.'

Hull KR lifted the trophy in 2025

LIVE RUGBY LEAGUE

Super League

Thursday & Friday, Sky Sports+, Sky Sports Main Event & Sky Sports Action

The new season begins on Thursday as treble winners Hull KR travel to debutants York Knights (8pm), followed by a Friday triple-header of Catalans Dragons versus Huddersfield Giants (7pm), Leigh Leopards against Leeds Rhinos (8pm), and a must-see clash between rivals Warrington Wolves and St Helens (8pm). York are one of three new clubs in an expanded 14-team Super League, along with Toulouse Olympique and Bradford Bulls, who have replaced the financially troubled Salford Red Devils.

Sport A-Z and football planner »»

WORDS: RICHARD MCCLURE. PHOTOS: GETTY

TRAVEL OFFERS

EUROPEAN TOURS

Spend less. *Experience more.*

Classical Spain- Seville, Córdoba & Granada

7 days from £1,039PP | March to November 2026

Pompeii, Capri & the Bay of Naples

8 days from £1,399PP | April to November 2026

Malta Uncovered

8 days from £1,089PP | May to November 2026

10% off all 2026 holidays

Every. Single. One.

Book by 16 February 2026

RIVIERA TRAVEL

Your next adventure starts here...

For more information or to book, visit us online or call our experienced team

rivieratravel.co.uk/tvs | **01283 901 418** quoting code TVS

TERMS & CONDITIONS: Additional entrance costs may apply. Prices are per person, based on two sharing and subject to finite availability. Images used in conjunction with Riviera Travel. Offer operated by and subject to the booking conditions of Riviera Travel Ltd, ABTA V4744, ATOL 3430, a company wholly independent of TV & Satellite, published by Future Plc. Prices correct at time of going to print. See website for full details. 10% off all 2026 holidays booked before February 16, 2026. Offer subject to availability on individual departures. First come first served. Riviera Travel reserves the right to withdraw or amend this offer at any time.

Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Seattle Seahawks v New England Patriots
Sun 10pm Sky Sports Main Event, Sky Sports NFL, Sky Sports Mix & Sky Showcase, 10.30pm 5 (kick-off 11.30pm) Super Bowl LX from Levi's Stadium in Santa Clara, California. See page 27.

BASKETBALL

LIVE Oklahoma City Thunder v Houston Texans
Sat 8.30pm Sky Sports+
NBA Western Conference match.

LIVE Minnesota Timberwolves v Los Angeles Clippers
Sun 8pm Sky Sports+
NBA Western Conference fixture.

LIVE Orlando Magic v Milwaukee Bucks
Mon 12.30am Sky Sports+
NBA Eastern Conference match.

LIVE Los Angeles Lakers v Oklahoma City Thunder
Mon 3am Sky Sports+
NBA Western Conference game.

LIVE NBA
Thu 2am Sky Sports Action
The Rising Stars tournament at the NBA All-Star Weekend at Intuit Dome.

LIVE Hampton University Pirates v North Carolina A&T Aggies
Thu 4am Sky Sports Action

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 12m't TNT Sports 1

LIVE Mario Bautista v Vinicius Oliveira
Sat 2am TNT Sports 1
The bantamweight bout staged at UFC Apex in Las Vegas, Nevada.

LIVE One Championship
Fri 2am Sky Sports Mix

CRICKET

LIVE Pakistan v Netherlands
Sat 6am Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group A game.

LIVE West Indies v Scotland
Sat 9am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group C match at Eden Gardens. See p29.

LIVE India v USA
Sat 1pm Sky Sports Cricket & 3pm Sky Sports Main Event
The Men's T20 World Cup Group A match from Wankhede Stadium.

LIVE New Zealand v Afghanistan
Sat 5am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group D game at MA Chidambaram Stadium.

LIVE England v Nepal
Sun 9am Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group C game at Wankhede Stadium. See p29.

LIVE Sri Lanka v Ireland
Sun 1pm Sky Sports Cricket
The Men's T20 World Cup Group B fixture from R Premadasa Stadium.

LIVE Scotland v Italy
Sun 5am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group C match at Eden Gardens in Kolkata.

LIVE Zimbabwe v Oman
Mon 9am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group B match from Sinhalese Sports Club.

LIVE South Africa v Canada
Mon 1pm Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group D fixture at Narendra Modi Stadium.

LIVE Netherlands v Namibia
Mon 5am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group A match from Arun Jaitley Stadium.

LIVE New Zealand v United Arab Emirates
Tue 9am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group D game in Chennai, India.

LIVE Pakistan v USA
Tue 1pm Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group A match.

LIVE South Africa v Afghanistan
Tue 5am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group D game.

LIVE Australia v Ireland
Wed 9am Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group B fixture at R Premadasa Stadium, Colombo.

LIVE England v West Indies
Wed 1pm Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group C game held at Wankhede Stadium.

LIVE Sri Lanka v Oman
Wed 5am Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group B game.

LIVE Nepal v Italy
Thu 9am Sky Sports Main Event & Sky Sports Cricket
The Men's T20 World Cup Group C fixture held at Wankhede Stadium.

LIVE India v Namibia
Thu 1pm Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group A game.

LIVE Australia v Zimbabwe
Thu 5am Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group B game.

LIVE Canada v UAE
Fri 9am Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group D fixture.

LIVE USA v Netherlands
Fri 1pm Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group A game.

LIVE Ireland v Oman
Fri 5am Sky Sports Main Event & Sky Sports Cricket
Men's T20 World Cup Group B game.

CYCLING

LIVE UAE Tour
Sat 11am TNT Sports 3; Sun 10.45am TNT Sports 1
The third and fourth stages.

LIVE Cyclocross
Sat 12.45pm TNT Sports 3; Sun 12.45pm TNT Sports 1

LIVE Tour of Valencia
Sun 3pm TNT Sports 3
The fifth and final stage.

LIVE Tour of Murcia
Fri 1.30pm TNT Sports 1
The opening stage.

DARTS

LIVE Premier League
Thu 6pm Sky Sports Main Event & Sky Sports Action
The second night at AFAS Dome.

GOLF

LIVE African Amateur Championship
Sat 9am Sky Sports Golf & Sky Sports Mix
Day four at Royal Johannesburg.

LIVE Qatar Masters
Sat 9.30am & Sun 8.30am Sky Sports Golf
Days three and four at Doha Golf Club.

LIVE LIV Golf
Sat 2.30pm TNT Sports 3 & 3.15pm TNT Sports 1
The fourth day of the first round of the season at Riyadh Golf Club.

LIVE WM Phoenix Open
Sat 5pm & Sun 4pm Sky Sports Golf; Sat 8.30pm & Sun 8pm Sky Sports Main Event
The third and fourth days in Arizona.

LIVE The Bay v Los Angeles
Mon 12m't Sky Sports Golf
The TGL match at SoFi Center.

LIVE PIF Saudi Ladies International
Wed-Fri 10.30am Sky Sports Golf
Days one to three at Riyadh Golf Club.

LIVE Women's Amateur Asia-Pacific
Wed-Fri 12m't Sky Sports Golf
Days one to three in New Zealand.

LIVE LIV Golf
Wed-Fri 12.30am TNT Sports 1
Days one to three in Adelaide.

LIVE Pebble Beach Pro-Am
Thu & Fri 4.45pm Sky Sports Golf; Thu 10pm, Fri 5pm & 8pm Sky Sports Main Event
Days one and two from California.

HORSE RACING

LIVE Newbury
Sat 12.45pm ITV1

MOTORSPORT

LIVE FIM X-Trial World Championship
Sun 5.45pm TNT Sports 3

LIVE Formula 1
Wed-Fri 3pm Sky Sports F1
Pre-season testing from Bahrain.

LIVE World Rally Championship
Thu 6pm, Fri 9am, 11.15am, 2.15pm, 4.45pm & 6pm TNT Sports 3

LIVE Formula E
Fri 4pm TNT Sports 1 & ITV4
The Jeddah ePrix.

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 3

RUGBY LEAGUE

LIVE Canterbury-Bankstown Bulldogs v North Queensland Cowboys
Sat 6.30am Sky Sports+

LIVE St George Illawarra Dragons v Newcastle Knights
Sat 8.30am Sky Sports+

LIVE Dolphins v Gold Coast Titans
Thu 9am Sky Sports Action

LIVE York Knights v Hull Kingston Rovers
Thu 7pm Sky Sports+ (kick-off 8pm) The first match of the Super League campaign at LNER Community Stadium. See p29.

LIVE Canberra Raiders v Melbourne Storm
Fri 6.30am Sky Sports Action

LIVE North Queensland Cowboys v Penrith Panthers
Fri 9am Sky Sports Action

LIVE Warrington Wolves v St Helens
Fri 7.30pm Sky Sports Main Event, Sky Sports Action & Sky Sports+ (kick-off 8pm) The Super League fixture at Halliwell Jones Stadium.

LIVE New Zealand Warriors v Manly-Warringah Sea Eagles
Fri 2.40am Sky Sports Action

LIVE Wests Tigers v Sydney Roosters
Fri 4.50am Sky Sports Action

RUGBY UNION

LIVE Italy v Scotland
Sat 1pm BBC1 & 1.30pm Premier Sports 1 (kick-off 2.10pm)
The Six Nations match at Stadio Olimpico in Rome. See p29.

LIVE England v Wales
Sat 3.45pm ITV1 & 4pm S4C (kick-off 4.40pm) The Six Nations match at Twickenham. See p29.

LIVE Harlequins v Exeter Chiefs
Sun 2.30pm TNT Sports 1 (kick-off 3pm) The Premiership Women's Rugby match.

LIVE Harlequins v Northampton Saints
Fri 7.30pm TNT Sports 3 (kick-off 7.45pm) Prem Rugby Cup Pool B match at Twickenham Stoop.

SAILING

LIVE SailGP
Fri 3am TNT Sports 3

SNOOKER

LIVE World Grand Prix
Sat 5am & Sun 11am TNT Sports 3
The final held at Kai Tak Arena.

TENNIS

LIVE WTA Abu Dhabi Open
Sat 1pm Sky Sports Tennis
The final staged at Zayed Sports City International Tennis Centre.

LIVE WTA Doha Open
Sun 10am & 4pm, Mon 10am Sky Sports Tennis; Sun 2.30pm & Mon 10am Sky Sports+

LIVE ATP Montpellier Open
Sun 2pm Sky Sports Tennis
The final at Sud de France Arena.

LIVE ATP Dallas Open
Mon-Fri 1.30am Sky Sports Main Event & Sky Sports Tennis

LIVE ATP Rotterdam Open
Thu 10am & Fri 12noon Sky Sports Tennis
From Rotterdam Ahoy.

Motorsport
Britain's world champion Oliver Rowland will be aiming for a Formula E win in Jeddah

Football planner >>>

SUBSCRIPTION OFFER
6 issues for £1*

Visit: magazinesdirect.com/xts/dj94x
Call: 0330 333 1113 and quote code DJ94X

TERMS AND CONDITIONS: Offer closes 31 October 2026. Offer open to new subscribers only. Direct Debit offer is available to UK subscribers only. *After your first 6 issues, your subscription will continue on at £31.25 payable by Direct Debit every 3 months, saving 32% on the full 3 monthly subscription price of £46.48. We will notify you in advance of any price changes. Payment is non-refundable after the 14 day cancellation period unless exceptional circumstances apply. For full terms and conditions, visit magazinesdirect.com/page/terms-and-conditions. For enquiries please email: help@magazinesdirect.com.

NEW & EXCLUSIVE

Lily 'Eyeliner' SAVE UP TO £15

JUST **£7.49** PER PACK
WHEN YOU BUY 2 FOR £14.98
SAVE UP TO £15!

in association with TV&Satellite week

"NEW! Lily 'Eyeliner'...

Crisp Petals Edged In Dark-Burgundy, Like a Sweep Of Eyeliner, and a Powerful Summer Fragrance Too!

Less showy, more elegant – a modern twist on summer lilies

- ✔ Designer dark edged white blooms
- ✔ Intense summer fragrance
- ✔ Strong upright flowering stems
- ✔ Reliable hardy perennials
- ✔ Stunning in pots or borders

A clean, modern lily for your pots, beds and borders this year. Each pure white petal is finished with a fine, dark burgundy edge, for a look that feels designed rather than grown. It is subtle, stylish and refreshingly different from the bold splashes and heavy markings of many traditional lilies.

From mid-summer, strong upright stems produce masses of big, blousy, richly scented blooms, week after week. Fully hardy and wonderfully rewarding, it returns every summer with even more flowers. Easy to grow, generous in bloom and always guaranteed to draw admiring comments wherever it is planted. Grows to 100cm.

"Bulbs arrived well packed and labelled and in super condition!" Debbie A.

TRUSTED SERVICE AWARD 10 YEARS ★★★★★ feefo

TOTALLY WINTER HARDY

"Each petal outlined in a fine, dark edge, for a striking 'eyeliner' effect that transforms any summer display"

Lily 'Eyeliner' ITEM: 650157 **SAVE UP TO £15**
12 bulbs. **£9.99** SAVE £5 2 x 12 bulbs. **£14.98** SAVE £15

BONUS OFFER SAVE £5.00

Allium 'Millenium'

If you love Alliums, this is the new variety for you! Get flowering displays into summer, not just spring, with Allium 'Millenium'. Rather than producing rose-purple sphere flowers in late May, like most others, this beauty flowers repeatedly under the summer sun. Supplied as 5 bare roots. Grows up to 45cm.
ITEM CODE: 580064
Was ~~£14.99~~ **NOW £9.99 SAVE £5**

We've got you covered with the YOUGARDEN DOUBLE GUARANTEE
1 Unhappy with your order? Return it within 30 days and we'll replace or refund in full.
2 Should any winter hardy plants perish thereafter, we'll replace for free, you just pay the P&P.

★★★★★ 10 YEARS TRUSTED SERVICE with 143,000+ reviews feefo

3 EASY WAYS TO ORDER

Online: www.YouGarden.com/TVSW415

0844 502 0050
Calls cost 5p per min plus your network's access charge. USE CODE TVSW415

By post using the coupon opposite to:
Offer TVSW415, YouGarden, PO Box 1468, Peterborough, PE1 9XL

SCAN HERE TO ORDER

Please cut out and send this coupon to: Offer TVSW415, YouGarden, PO Box 1468, Peterborough, PE1 9XL

YOUR ORDER DETAILS

Item	Description	Price	Qty	Subtotal
650157	**Lily 'Eyeliner'** 12 bulbs **SAVE £5**	£9.99		
	Lily 'Eyeliner' 2 x 12 bulbs **SAVE £15**	£14.98		
These special offers go perfectly with your Lily 'Eyeliner'				
580064	**Allium 'Millenium'** 5 bare roots **SAVE £5**	£9.99		
100125	**Twin Pack 50L Professional Compost SAVE £18! FREE P&P!**	£24.97		
You must use offer code **TVSW415** to get these exclusive prices!			**P&P**	**£6.99**
			Total	

YOUR PAYMENT DETAILS
I enclose a cheque/Postal Order payable to **YouGarden** (include your name and address on the back) for £ or charge my Visa / Mastercard:
Card No. Issue No.
Start Date Exp Date

YOUR DELIVERY DETAILS
Mr/Mrs/Ms/Miss Initial Surname
Address
Postcode
Email
Tel

Orders despatched within 5-7 working days. Offer subject to availability and in the event that this offer is oversubscribed, we reserve the right to send suitable substitutes. Delivery to UK only and a £3.00 surcharge will apply to the following postcode areas: AB, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. Following Brexit there are a number of changes that prevent us from trading in N. Ireland. For further details please visit www.yougarden.com for full terms & conditions.

If you do not wish to receive catalogues & offers from us, please tick here ☐. We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you do not wish to receive these, please tick here ☐. Full details at YouGarden.com/Privacy.

Football planner

Saturday 7

LIVE Brisbane Roar v Central Coast Mariners
6am TNT Sports 1 (kick-off 6am) The A-League match in Brisbane.

LIVE Melbourne Victory v Newcastle Jets
6am TNT Sports 4 (kick-off 6am) The A-League Women game.

LIVE Western Sydney Wanderers v Melbourne City
8.30am TNT Sports 1 (kick-off 8.35am) The A-League match from CommBank Stadium.

LIVE Derby County v Ipswich Town
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.31pm) The Championship game at Pride Park.

LIVE Manchester United v Tottenham Hotspur
11am TNT Sports 1 (kick-off 12.30pm) The Premier League fixture from Old Trafford.

LIVE Leicester City v Manchester United
11.30am Sky Sports Premier League (kick-off 12noon) The Women's Super League match staged at King Power Stadium.

LIVE Southampton v Watford
12.25pm Sky Sports+ (kick-off 12.30pm) Championship match from St Mary's Stadium.

LIVE Rayo Vallecano v Real Oviedo
12.55pm Premier Sports 2 (kick-off 1pm) The LaLiga fixture.

LIVE Newcastle United v Brentford
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm) The Premier League game at St James' Park.

LIVE Celtic v Dundee
5pm Premier Sports 1 (kick-off 5.30pm) The Scottish Cup fifth-round game at Celtic Park.

LIVE Borussia Mönchengladbach v Bayer Leverkusen
5.20pm Sky Sports Football (kick-off 5.30pm) The Bundesliga match staged at Borussia Park.

LIVE Aberdeen v Motherwell
7pm Premier Sports 2 & 8pm Premier Sports 1 (kick-off 7.30pm) The Scottish Cup fifth-round game held at Pittodrie.

LIVE Real Sociedad v Elche
8pm Disney+ (kick-off 8pm) The LaLiga match at Reale Arena.

LIVE River Plate v Tigre
10.55pm Premier Sports 1 & Premier Sports 2 (kick-off 11pm) The Argentine Primera match.

Sunday 8

LIVE Adelaide United v Newcastle Jets
6am TNT Sports 1 (kick-off 6am) The A-League match in Adelaide.

LIVE Arsenal v Manchester City
11am Sky Sports+ & Sky Showcase (kick-off 12noon) The Women's Super League match staged at Emirates Stadium.

LIVE WSL
11am Sky Sports Mix (kick-offs 12noon)

LIVE Swansea City v Sheffield Wednesday
11.30am Sky Sports Football (kick-off 12.01pm) The Championship match staged at Swansea.com Stadium.

LIVE Alavés v Getafe
12.55pm Premier Sports 2 (kick-off 1pm) The LaLiga match.

LIVE Brighton & Hove Albion v Crystal Palace
1pm Sky Sports Main Event & Sky Sports Premier League (kick-off 2pm) The Premier League fixture held at Amex Stadium.

LIVE Rangers v Queen's Park
1.30pm Premier Sports 1 (kick-off 2pm) The Scottish Cup fifth-round game at Ibrox Stadium.

LIVE Tottenham Hotspur v Chelsea
2.15pm BBC2 (kick-off 2.25pm) The Women's Super League match at Tottenham Hotspur Stadium.

LIVE Athletic Bilbao v Levante
3.10pm Premier Sports 2 (kick-off 3.15pm) The LaLiga match at San Mamés.

LIVE Glasgow City v Celtic
4pm BBC Alba (kick-off 4.10pm) The Scottish Women's Premier League match at Petershill Park.

LIVE Liverpool v Manchester City
4pm Sky Sports Main Event & Sky Sports Premier League (kick-off 4.30pm) The Premier League match staged at Anfield. City claimed an impressive 3-0 win in November's reverse fixture at Etihad Stadium thanks to goals by Erling Haaland, Nico González and Jérémy Doku.

LIVE Atlético Madrid v Real Betis
5.25pm Premier Sports 1 (kick-off 5.30pm) The LaLiga game at Riyadh Air Metropolitano.

LIVE Stenhousemuir v Falkirk
7.15pm BBC Scotland (kick-off 7.30pm) Scottish Cup fifth-round game at Ochilview Park.

LIVE Juventus v Lazio
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A match held at Allianz Stadium.

LIVE Valencia v Real Sociedad
7.55pm Premier Sports 1 (kick-off 5.30pm) The LaLiga match from Mestalla.

Monday 9

LIVE Sheffield United v Middlesbrough
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8.01pm) Championship match from Bramall Lane.

LIVE AS Roma v Cagliari
7.30pm TNT Sports 1 (kick-off 7.45pm) The Serie A fixture staged at Stadio Olimpico.

LIVE Villarreal v Espanyol
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match from Estadio de la Cerámica.

LIVE PREMIER LEAGUE

Liverpool v Manchester City

Sunday, kick-off 4.30pm, Sky Sports Main Event & Sky Sports Premier League

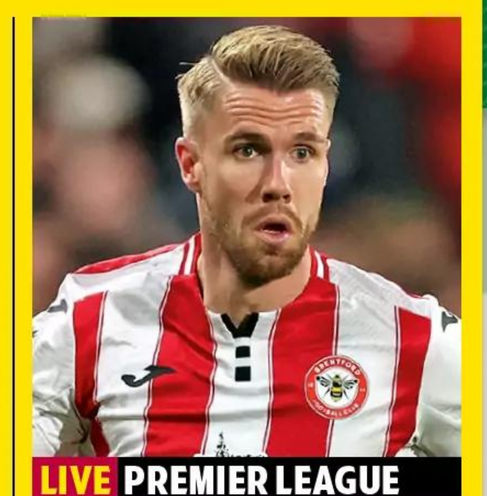
The champions have been disappointing this season, but Hugo Ekitike has proved to be a wise purchase, and the French striker will want to lift the gloom around Anfield with victory over their rivals.

LIVE WOMEN'S CHAMPIONS LEAGUE

Atlético Madrid v Manchester United

Thu, kick-off 8pm, Disney+

United will fancy their chances of advancing from the two-legged play-off round, having beaten Atlético Madrid in the group stage thanks to a goal from Fridolina Rolfö. Arsenal visit Belgian side OH Leuven on Wednesday (5.45pm, Disney+).



LIVE PREMIER LEAGUE

Brentford v Arsenal

Thu, kick-off 8pm, TNT Sports 1

TNT Sports is showing a full round of live midweek matches from Tuesday to Thursday, including Arsenal's trip to west London. Bees' Norway defender Kristoffer Ajer and German midfielder Vitaly Janelt have both inked new deals that will keep them at the club until 2030.

Tuesday 10

LIVE West Ham United v Manchester United
7pm TNT Sports 1 (kick-off 8.15pm) The Premier League match staged at The London Stadium.

LIVE Tottenham Hotspur v Newcastle United
7pm TNT Sports 3 (kick-off 7.30pm) The Premier League match from Tottenham Hotspur Stadium.

LIVE Chelsea v Leeds United
7pm TNT Sports 4 (kick-off 7.30pm) The Premier League match staged at Stamford Bridge. The reverse fixture in early December saw Leeds pick up an impressive 3-1 victory.

LIVE Everton v Bournemouth
7pm TNT Sports 5 (kick-off 7.30pm) The Premier League match staged at Hill Dickinson Stadium.

LIVE Hearts v Hibernian
7.15pm Premier Sports 1 (kick-off 8pm) The Scottish Premiership match at Tynecastle.

LIVE Birmingham City v West Bromwich Albion
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) The Championship match from St Andrew's @ Knighthead Park.

LIVE Oxford United v Norwich City
7.35pm Sky Sports+ (kick-off 7.45pm) Championship match from Kassam Stadium.

LIVE Napoli v FC Como
7.55pm Premier Sports 2 (kick-off 8pm) The Coppa Italia quarter-final.

LIVE Vitoria v Flamengo
12.25am Premier Sports 2 (kick-off 12.30am) The Brasileiro Serie A fixture.

Wednesday 11

LIVE OH Leuven v Arsenal
5.45pm Disney+ (kick-off 5.45pm) The Women's Champions League game.

LIVE Motherwell v Rangers
7pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm) The Scottish Premiership match staged at Fir Park.

LIVE Sunderland v Liverpool
7pm TNT Sports 1 (kick-off 8.15pm) The Premier League match staged at Stadium of Light. The reverse fixture at Anfield saw the Black Cats come away with an impressive point in a game that they could have won.

LIVE Aston Villa v Brighton & Hove Albion
7pm TNT Sports 3 (kick-off 7.30pm) The Premier League fixture from Villa Park. Villa came away from Brighton with a 4-3 victory in the reverse fixture.

LIVE Manchester City v Fulham
7pm TNT Sports 4 (kick-off 7.30pm) The Premier League match staged at Etihad Stadium. These two sides last met in early December at Craven Cottage in a crazy game that ended 5-4 to Pep Guardiola's team.

LIVE Crystal Palace v Burnley
7pm TNT Sports 5 (kick-off 7.30pm) The Premier League fixture from Selhurst Park.

LIVE Nottingham Forest v Wolverhampton Wanderers
7pm TNT Sports 6 (kick-off 7.30pm) The Premier League game at The City Ground.

LIVE Swindon Town v Newport County
7.30pm Sky Sports+ (kick-off 8pm) The League Two match at The County Ground.

LIVE Bayern Munich v RB Leipzig
7.40pm Premier Sports 1 (kick-off 7.45pm) The German Cup quarter-final held at Allianz Arena.

LIVE Bologna v Lazio
7.55pm Premier Sports 2 (kick-off 8pm) The Coppa Italia quarter-final at Stadio Renato Dall'Ara.

Thursday 12

LIVE Brentford v Arsenal
7pm TNT Sports 1 (kick-off 8pm) The Premier League match from Gtech Community Stadium, as the visitors go in search of another three points in their quest to win their first Premier League title since 2004.

LIVE Atlético Madrid v Manchester United
8pm Disney+ (kick-off 8pm) Women's Champions League game at Centro Deportivo Alcalá de Henares.

LIVE Fluminense v Botafogo
10.25pm Premier Sports 1 (kick-off 10.30pm) The Brasileiro Serie A game.

LIVE Western Sydney Wanderers v Newcastle Jets
5.45am TNT Sports 3 (kick-off 5.50am) The A-League Women match.

Friday 13

LIVE Western Sydney Wanderers v Wellington Phoenix
8.30am TNT Sports 1 (kick-off 8.35am) The A-League match from CommBank Stadium.

LIVE Perth Glory v Newcastle Jets
10.45am TNT Sports 1 (kick-off 10.45am) The A-League game at HBF Park.

LIVE FC Volendam v PSV Eindhoven
6.55pm Premier Sports 2 (kick-off 7pm) The Eredivisie fixture staged at Kras Stadion.

LIVE Hull City v Chelsea
7pm TNT Sports 1 & 7.30pm BBC1 (not Wales) (kick-off 7.45pm) The FA Cup fourth-round match from MKM Stadium, as Liam Rosenior returns to his former club for the first time. See p27.

LIVE Borussia Dortmund v Mainz
7.30pm BBC iPlayer (kick-off 7.30pm) The Bundesliga match from Signal Iduna Park.

LIVE Airdrieonians v St Johnstone
7.30pm BBC Scotland (kick-off 7.45pm) The Scottish Championship match.

LIVE Wrexham v Ipswich Town
7.30pm TNT Sports 5 & BBC1 (Wales only) (kick-off 7.45pm) The FA Cup fourth-round match from StoK Racecourse. See p27.

LIVE Villarreal v Mallorca
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match from Estadio de la Ceramica.

LIVE Independiente v Lanus
10.55pm Premier Sports 2 (kick-off 11pm) Argentine Primera.

PHOTOS: GETTY

Winter Olympics A-Z GUIDE

The BBC, TNT Sports and Discovery+ will show extensive action from northern Italy. Daily coverage from Milano Cortina will begin at 9am and run throughout the day. BBC will provide free-to-air coverage on BBC1 and BBC2, plus a second live stream via BBC iPlayer and BBC Sport website.

ALPINE SKIING

Venue: Stelvio Ski Centre.

Saturday 7 February
11.30am Men's Downhill
Sunday 8
11.30am Women's Downhill
Monday 9
10.30am Men's Team Combined (Downhill)
2.00pm Men's Team Combined (Slalom)
Tuesday 10
10.30am Women's Team Combined (Downhill)
2pm Women's Team Combined (Slalom)
Wednesday 11
11.30am Men's Super-G
11.30am Women's Super-G
Thursday 12
10am Men's Giant Slalom (Run 1)

BIATHLON

Venue: Antholz-Anterselva Biathlon Arena.

Sunday 8
1.05pm Mixed Relay 4x6km
Tuesday 10
12.30pm Men's 20km Individual
Wednesday 11
1.15pm Women's 15km Individual
Friday 13
1pm Men's 10km Sprint

BOBSLEIGH

Venue: Cortina Sliding (Eugenio Monti track).
Commences on Sunday 15 February

CROSS-COUNTRY SKIING

Venue: Tesero Cross-Country Skiing Stadium.

Saturday 7
3pm Women's 10km+10km Skiathlon
Sunday 8
2.30pm Men's 10km+10km Skiathlon
Tuesday 10
9.15am Women's Sprint Classic (Qualifying)
1.45pm Women's Sprint Classic (Finals)
9.55am Men's Sprint Classic (Qualifying)
2.15pm Men's Sprint Classic (Finals)
Thursday 12
3pm Women's 10km Free Technique
Friday 13
1.45pm Men's 10km Free Technique

CURLING

Venue: Cortina Curling Olympic Stadium.

Mixed Competition
Saturday 7
8.05am Great Britain v Canada; Switzerland v Sweden
12.35pm Estonia v Norway, Czechia v South Korea; Sweden v Italy; Great Britain v United States
6.05pm South Korea v United States; Canada v Estonia; Czechia v Switzerland; Norway v Italy
Sunday 8
8.05am Norway v Czechia; South Korea v Estonia
12.35pm Canada v Sweden; Great Britain v Switzerland; United States v Estonia Italy v Czechia
6.05pm Italy v Great Britain; United States v Sweden; Switzerland v Norway; Canada v South Korea
Monday 9
8.05am Switzerland v Canada; Italy v United States; Norway v South Korea; Czechia v Estonia
5.05pm Mixed Doubles Semi-finals.
Tuesday 10
1.05pm Mixed Doubles Bronze Medal Match
5.05pm Mixed Doubles Gold Medal Match

Men's Competition
Wednesday 11
6.05pm Sweden v Italy; Canada v Germany; Czechia v United States; China v Great Britain
Thursday 12
1.05pm Norway v Germany; United States v Switzerland; Great Britain v Sweden
Friday 13
8.05am Canada v United States; Great Britain v Italy; China v Norway; Switzerland v Czechia
6.05pm Switzerland v China; Czechia v Norway; Germany v Italy; Canada v Sweden

Women's Competition
Thursday 12
8.05am South Korea v United States; Japan v Sweden; Italy v Switzerland; Canada v Denmark **6.05pm** China v Great Britain **6.05pm** Italy v South Korea; Denmark v Japan; Sweden v USA
Friday 13
1.05pm Denmark v Sweden; China v Switzerland; United States v Canada; Great Britain v South Korea

FREESTYLE SKIING

Venue: Livigno Aerials & Moguls Park.

Saturday 7
9.30am & 10.35am Women's Freeski Slopestyle Qualification: Run 1+2
1.00pm Men's Freeski Slopestyle Qualification: Run 1
2.05pm Men's Freeski Slopestyle Qualification: Run 2
Monday 9
11.30am Women's Freeski Slopestyle Final: Run 1
11.59am Women's Freeski Slopestyle Final: Run 2
12.28pm Women's Freeski Slopestyle Final: Run 3 (Medal Event)
Tuesday 10
10.15am Men's Moguls Qualification 1
11.30am Men Freeski Slopestyle Final: Run 1
11.59am Men's Freeski Slopestyle Final: Run 2
12.28pm Men's Freeski Slopestyle Final: Run 3 (Medal Event)
1.15pm Women's Moguls Qualification 1
Wednesday 11
1.15pm Women's Moguls Final 1
1.55pm Women's Moguls Final 2
Thursday 12
11.15am Men's Moguls Final 1
11.55am Men's Moguls Final 2

ICE HOCKEY

Venue: Milano Santagiulia Ice Hockey Arena and Milano Rho Ice Hockey Arena.

Women's Competition Preliminary Rounds
Saturday 7
11.10am Germany v Japan (Group B)
1.40pm Sweden v Italy (Group B)
3.40pm United States v Finland (Group A)
8.10pm Switzerland v Canada (Group A)
Sunday 8
3.40pm France v Sweden (Group B)
8.10pm Czechia v Finland (Group A)
Monday 9
11.10am Japan v Italy (Group B)
3.40pm Germany v France (Group B)
7.40pm Switzerland v United States (Group A)
8.10pm Canada v Czechia (Group A)
Tuesday 10
11.10am Japan v Sweden (Group B)
3.40pm Italy v Germany (Group B)
7.10pm Canada v United States (Group A)
8.10pm Finland v Switzerland (Group A)
Friday 13
3.40pm Women's Quarter-final 1 & 2
8.10pm Women's Quarter-final 3 & 4

Men's Competition Preliminary Rounds
Wednesday 11
3.40pm Slovakia v Finland (Group B)
8.10pm Sweden v Italy (Group B)
Thursday 12
11.10am Switzerland v France (Group A)
3.40pm Czechia v Canada (Group A)
8.10pm Latvia v United States (Group C)
8.10pm Germany v Denmark (Group C)
Friday 13
11.10am Finland v Sweden (Group B)
11.10am Italy v Slovakia (Group B)
3.40pm France v Czechia (Group A)
8.10pm Canada v Switzerland (Group A)

LUGE

Venue: Cortina Sliding Centre (Eugenio Monti track).

Saturday 7
4pm Singles Run 1 & 2
Sunday 8
4pm Men's Singles Event: Run 3 & 4
Monday 9
4pm Women's Singles Event: Run 1 & 2
Tuesday 10
4pm Women's Singles Run 3 & 4
Wednesday 11
4pm Women's Doubles Race: Heat 1 & 2
Thursday 12
4.51pm Men's Doubles Race: Heat 1 & 2
5.30pm Team Relay

NORDIC COMBINED

Venue: Tesero Cross-Country Skiing Stadium and Predazzo Ski Jumping Stadium.

Monday 9
8am Normal Hill Official Training 1
Tuesday 10
8am Normal Hill Official Training 2
Wednesday 11
8.10am: Individual Gundersen Normal Hill/10km, Ski Jumping Trial Round
9am Individual Gundersen Normal Hill/10km, Ski Jumping Competition Round
12.45pm Individual Gundersen Normal Hill/10km, Cross-Country (Medal Event)
Friday 13
8am Large Hill Official Training 1

SKI JUMPING

Venue: Predazzo Ski Jumping Stadium (Giuseppe Dal Ben).

Saturday 7
5.45pm Women's Normal Hill Individual: Trial Round
5.45pm Women's Normal Hill Individual: 1st Round
6.57pm Women's Normal Hill Individual: Final Round (Medal Event)
Sunday 8
3.30pm Women's Normal Hill: Official Training 3
6pm Men's Normal Hill: Official Training 2
Monday 9
5pm Men's Normal Hill Individual: Trial Round
6pm Men's Normal Hill Individual: 1st Round
7.12pm Men's Normal Hill Individual: Final Round (Medal Event)
Tuesday 10
4.30pm Mixed Team: Trial Round
5.45pm Mixed Team: 1st Round
7pm Mixed Team: Final Round (Medal Event)
Thursday 12
4pm Women's LH: Official Training 1
7pm Men's Large Hill: Official Training 1
Friday 13
5.30pm Men's Large Hill: Training 2

SKI MOUNTAINEERING

Venue: Stelvio Ski Centre.

This new discipline commences on Thursday 19 February.

SNOWBOARDING

Venue: Livigno Snow Park.

Saturday 7
6.30pm Men Snowboard Big Air Final
Sunday 8
12noon Men's & Women's Parallel Giant Slalom Finals
Monday 9
6.30pm Women's Snowboard Big Air Final
Wednesday 11
12.45pm Men Snowboard Cross Final
6.30pm Women's Halfpipe Final
Thursday 12
12.30pm Women's Snowboard Cross Finals
6.30pm Men's Snowboard Halfpipe Final

SPEED SKATING SHORT-TRACK

Venue: Milano Speed Skating Stadium (Fiera Milano Rho).

Tuesday 10
11.50am Mixed Team Relay Final A
Thursday 12
8.15pm Women's 500m Final A
8.30pm Men's 1000m Final A

SPEED SKATING LONG-TRACK

Venue: Milano Ice Skating Arena.

Saturday 7
3pm Women's 3000m
Sunday 8
3pm Men's 5000m
Monday 9
4.30pm Women's 1000m
Wednesday 11
11.30am Men's 1000m
Thursday 12
9.30am Women's 5000m
Friday 13
9.00am Men's 10,000m

Great Britain's Matt Weston

SKELETON

Venue: Cortina Sliding Centre (Eugenio Monti track)

Thursday 12
9.30am Men's Heat 1 & 2
Friday 13
4pm Women's Heat 1 & 2
7.30pm Men's Heat 3 & 4

Lilah Fear and Lewis Gibson of Great Britain

FIGURE SKATING

Venue: Milano Ice Skating Arena

Saturday 7
6.45pm Team Event (Men's Short Program, Ice Dance Free Dance)
Sunday 8
6.30pm Team Event
Monday 9
6.20pm Ice Dance: Rhythm
Tuesday 10
5.30pm Men's Singles Short Program
Wednesday 11
6.30pm Ice Dance: Free Dance
Friday 13
6pm Men's Singles Free Skating

PHOTOS: ALAMY, GETTY

Saturday

7 February

Evening Planner

Winter Sports

Winter Olympics
BBC1/2, TNT Sports, Discovery+, from 9am
European speed skating champion Ragne Wiklund (Norway) will be in contention in the women's 3,000 metres today.

Rugby Union

Six Nations
BBC1, ITV1, S4C & Premier Sports 1
The opening weekend continues with Italy v Scotland (k-o 2.10pm), before England v Wales (k-o 4.40pm).

Documentary

The Roman Empire by Train with Alice Roberts
C4, 8.30pm
Following on from Egypt and Greece, Alice explores key sites of the Romans.

Factual

Reel Stories: Rick Astley
BBC2, 10pm
The *Never Gonna Give You Up* singer meets with Dermot O'Leary to talk about his career, the day after his 60th birthday.

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	◂ 6.45 Michael McIntyre's Big...	7.45 The Weakest Link		8.30 Casualty		9.20 Waiting for the Out	10.05 News	10.25 Match of the Day †
102 BBC2	◂ 6.00 Winter Olympics – Live: The concluding coverage of day one						10.00 Reel Stories: Rick Astley	
103 ITV1	7.00 The Masked Singer			8.30 The 1% Club		9.30 The Jonathan Ross Show		10.30 It'll Be Alright...
104 CHANNEL 4	◂ 6.30 Sailing the...	7.30 The Great Icelandic Swim with Ross...		8.30 The Roman Empire by Train with Alice...		9.30 Film: The Woman King		
105 5	◂ 6.05 Royal...	7.25 Secrets of the Royal Traditions		8.30 Kate: A Life in 10 Dresses			10.00 Most Shocking Celebrity Moments	
106 SKY SHOWCASE	7.00 Landscape Artist of the Year		8.00 Rob & Romesh vs the NFL		9.00 Film: Mad Max: Fury Road			
ENTERTAINMENT								
115 BBC3	7.00 Doctor Who			8.30 Gavin & Stacey		9.30 Mrs Brown's...	10.00 Dinosaur	
116 BBC4	7.00 Meet the...	7.30 Ulster...	7.50 The Good Old Days	8.30 Hetty Wainthropp Investigates		9.20 Film: Crossing		
118 ITV2	◂ 5.50 Film: Legally Blonde 2: Red...		7.55 Film: Coyote Ugly				10.00 Love Island All Stars: Unseen Bits	
136 MORE4	◂ 6.55 Four in a Bed		8.00 24 Hours in A&E					
135 E4	◂ 6.50 Film: Sister Act 2: Back in the Habit				9.00 Celebrity Gogglebox		10.00 Gogglebox	
107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Criminal Intent		10.00 Blue Bloods	
108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 True Detective: Night Country			10.15 Under Salt Marsh
110 U&GOLD	7.00 Only Fools and Horses							
111 U&DAVE	7.00 Gavin & Stacey		8.20 QI		9.00 Not Going Out			10.20 Not Going Out...
119 ITV3	◂ 6.10 Midsomer Murders							10.15 Vera
120 ITV4	◂ 6.45 Film: Flash Gordon				9.00 English Football League Highlights			10.30 Wrestling...
112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Snatch			
152 SKY SCI-FI	7.00 Star Trek: Voyager							10.30 Westworld
113 SKY MAX	7.00 Stargate Universe				9.00 Never Mind the Buzzcocks		10.00 Peacemaker	
109 U&ALIBI	7.00 Shakespeare & Hathaway		8.00 Death in Paradise				10.00 Father Brown	
124 SKY ARTS	◂ 6.30 Classic Albums	7.45 California Dreamin': The Songs of the Mamas and...			9.00 Billy Joel: And So It Goes			
132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Nurses on the Ward		9.00 Louis Theroux: Miami Mega Jail			
DOCUMENTARY								
125 DISCOVERY	7.00 Scrapyard Dynasty		8.00 Secrets Underground		9.00 Marooned with Ed Stafford		10.00 Expedition Unknown	
162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 Alaskan Bush People: Bushcraft...		10.00 Tanked	
129 NAT GEO	7.00 World War II: Secrets from Above		8.00 Hitler's Last Stand				10.00 No Man Left Behind	
123 SKY HISTORY	7.00 Airport Security: USA				9.00 Contraband: Seized at Sea			
155 U&YESTERDAY	7.00 Classic Car Kings		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
121 SKY DOCS	7.00 The Wimbledon Kidnapping				9.00 Chernobyl: The Lost Tapes			
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.25 Smurfs		8.00 Reckless			9.45 M3GAN 2.0		
302 VALENTINES	◂ 6.15 Bridget Jones's Diary		8.00 Bridget Jones: The Edge of Reason				9.50 The Sweetest Thing	
303 BUDDY FILMS	◂ 6.30 The Naked Gun 33⅓: The Final Insult		8.00 The Naked Gun			9.45 Role Models		
304 GREATS	◂ 5.50 Jurassic Park		8.00 The Lost World: Jurassic Park					10.10 The Mummy
305 ANIMATION	◂ 5.40 Smallfoot	7.30 Hotel Transylvania 3: Summer Vacation			9.20 Madagascar			
306 FAMILY	◂ 6.00 Charlie and the Chocolate Factory		8.05 Pokemon: Detective Pikachu				10.05 Breaking Point	
307 ACTION	◂ 5.55 Spider-Man		8.00 Jurassic World					10.10 The Amazing Spider-Man
308 COMEDY	◂ 6.10 50 First Dates		8.00 Bridget Jones: Mad About the Boy				10.05 How to Lose a Guy in 10 Days	
309 THRILLER	◂ 5.45 Sherlock Holmes		8.00 Sherlock Holmes: A Game of Shadows					10.15 Pulp Fiction
310 DRAMA	◂ 5.55 Valentine's Day		8.00 Lost in Translation				9.50 Darkest Hour	
311 SCI-FI	◂ 5.30 The Matrix: Resurrections		8.00 It					10.30 28 Days Later...
313 FILM4	◂ 6.50 Fisherman's Friends				9.00 The Other Woman			
SPORT								
401 MAIN EVENT	◂ 5.00 SNF – Live: Newcastle United v Brentford (Kick-off 5.30)			8.30 PGA Tour Golf – Live: The WM Phoenix Open				
402 PREMIER LEAGUE	◂ 5.00 SNF – Live: Newcastle United v Brentford (Kick-off 5.30)			8.30 Game of the Day				10.30 PL Highlights
403 FOOTBALL	◂ 5.20 Bundesliga...	7.30 EFL				9.30 WSL	10.00 EFL...	10.30 EFL Highlights
405 CRICKET	7.00 ICC Men's T20...	7.30 The Story of the ICC Men's T20 World...		8.30 ICC Men's T20 World Cup				
410 TNT SPORTS 1	◂ 3.15 LIV Golf – Live: From Riyadh Golf Club in Saudi Arabia			8.30 Women's Cycling World Tour		9.30 Men's Cycling Pro Series		10.30 Premier League
411 TNT SPORTS 2	◂ 6.15 Winter Olympic Games – Live: Coverage of Snowboarding and Figure Skating at 7.45							10.30 Ciao Cortina

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Saturday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With actor Rafe Spall. (S)
11.30 **Bargain Hunt** From Leominster in Herefordshire. (S)(R)(AD)
12.00 NOON **Football Focus** (S)
12.45 PM **BBC News** (S)
1.00 LIVE **Rugby Union: Six Nations** Italy v Scotland: All the action from both teams' opening match of the championship, held at Stadio Olimpico in Rome. Kick-off is at 2.10. (S)
4.30 **Final Score** Results round-up. (S)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **Gladiators** New edition 4/11. Cyclone scales the heights of Everest, Steel faces his sternest test in Hang Tough, and Legend rewrites the script. (S)(AD)

9.20 Waiting for the Out

6 PM
6.45 **Michael McIntyre's Big Show** New edition 4/6. Michael breaks into Jonathan Ross's bedroom for the Midnight Gameshow, Rylan takes part in a game of Remember Me, and Westlife are duped into believing they are on a fake TV show. Plus, Tinie Tempah provides the music. (S)

7 PM
7.45 **The Weakest Link** New edition 11/12. Anna Haugh, Harriet Kemsley, Hilary Whitehall, Luca Bish, John Hartson, PinkPantheress and Gareth Malone compete to be the strongest link. (S)

8 PM
8.30 **Casualty** *Learning Curve – Part Five:* A training simulation takes a dangerous turn, and Iain suggests to Faith that they get back together. (S)(AD)

9 PM
9.20 **Waiting for the Out** Series finale 6/6. Dan meets a man who knew his father and old questions resurface. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.05 **BBC News** (S)
10.25 **Match of the Day** Today's Premier League action, including Manchester United v Tottenham Hotspur and Arsenal v Sunderland. (S)
■ More tomorrow at 10.30pm
11.55 **The Football Interview** Kelly Somer chats to Sunderland midfielder Granit Xhaka. (S)
12.20 AM NEW SERIES **The Kingdom: Kansas City Chiefs** 1/6. The story of the NFL franchise during the 2024/2025 season. (S)(AD)
1.10 New edition 2/6. An insight into the role of long-serving Chiefs head coach, Andy Reid. (S)(AD)
2.05 **Weather for the Week Ahead** (S)
2.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.40 AM **Children's Programmes**
9.00 LIVE **Winter Olympics** Hazel Irvine presents coverage of day one of the 25th staging of the Games, with events coming from Milan and Cortina d'Ampezzo in Italy. Great Britain continue their quest for glory in the curling mixed doubles when they face Canada in a round-robin match. *See feature, page 26.* (S)
1.00 PM LIVE **Winter Olympics** Jeanette Kwakye presents further coverage of day one of the 25th staging of the Games, as more medals are decided in Milan and Cortina d'Ampezzo in Italy. The women's 3,000m speed skating event takes place at Milano Speed Skating Stadium, featuring Dutch sensation Irene Schouten. (S)

10.00 Rick Astley: Reel Stories

6.00 LIVE **Winter Olympics** Clare Balding presents the concluding live coverage of day one of the 25th staging of the Games, featuring all the key events in Italy. In the luge, the second and final run of the men's singles discipline takes place at Cortina Sliding Centre, while over at Predazzo Ski Jumping Stadium, medals are awarded in the women's individual event. The third and concluding men's snowboarding big air run also takes place at Livigno Snow Park, an event in which China's Su Yiming delighted the Beijing crowd with victory in four years ago. Plus, Canada begin their defence of their women's ice hockey title when they face Switzerland at Milano Rho Ice Hockey Arena. (S)

10.00 NEW **Rick Astley: Reel Stories** The singer talks to Dermot O'Leary about his life and career. *See feature, page 10.* (S)
10.45 **Rick Astley at Glastonbury** The singer's 2023 set on the Pyramid Stage. (S)(R)
11.15 **Stock Aitken Waterman at the BBC** Performances by artists whose hits were written by the songwriting trio. (S)(R)
12.45 AM FILM **The Producers** Mel Brooks' black comedy starring Zero Mostel and Gene Wilder. (S)(AD) (1967, PG, 85min) ★★★★
2.10 **Sign Zone: The Night Manager** (R)
3.10 **Sign Zone: Silent Witness** (S)(R)
4.10 **to 6.05** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Deal or No Deal: Banker's Best Battles** Tense games. (S)(R)
6.30 **Love Your Weekend with Alan Titchmarsh** (S)(R)
8.25 **Prue Leith's Cotswold Kitchen** New edition With Jimi Famurewa.
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Peter Andre. (S)
12.00 NOON **Ainsley's Taste of the Bahamas** New edition From John Watling's Distillery in Nassau. (S)
12.30 PM **ITV News** (S)
12.45 LIVE **Racing** Today's meetings from Newbury and Warwick. (S)
3.45 LIVE **Rugby Union: Six Nations** England v Wales: Mark Pougatch presents coverage of the final match from the opening round of fixtures, held at Allianz Stadium Twickenham. Kick-off is at 4.40. (S)

9.30 The Jonathan Ross Show

LIVE Rugby Union: Six Nations (started at 3.45pm)

7.00 **The Masked Singer** New edition 7/8. The musical guessing game continues with the semi-final, as host Joel Dommett invites guest panellist Katherine Ryan to join Davina McCall, Jonathan Ross, Maya Jama and Mo Gilligan in trying to deduce the identities of the five remaining singers. At the end of the show there will be a double elimination. (S)(AD)
8.30 **The 1% Club** New edition Quiz show hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(AD)
9.30 NEW SERIES **The Jonathan Ross Show** The chat show returns, with the opening edition featuring guests Hugh Bonneville, Riz Ahmed, Ellie Kildunne and Harriet Kemsley. Plus, music from Jason Derulo. (S)
10.30 **It'll Be Alright on the Night** Backstage bloopers, featuring Jimmy Carr, Judi Love and Richard Osman. (S)(R)(AD)
11.00 **ITV News** (S)
11.15 **English Football League Highlights** Recent action. (S)
12.50 AM **Teleshopping**
3.00 **Devil in Disguise: John Wayne Gacy** 2/8. (S1) (S)(SL)(R)
4.00 **Unwind with ITV** (S)
5.00 **to 6.00** AM **M&S: Dress the Nation** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.15 AM **The King of Queens** (S)(R)(AD)
7.30 **Everybody Loves Raymond** (S)(R)
8.20 **Frasier** 4-6/24. (S1) (S)(R)(AD)
9.50 **The Simpsons** (S)(R)(AD)
11.15 **Come Dine with Me: The Professionals** Chefs in Sussex battle it out in the kitchen. (S)(R)
12.15 PM **Four in a Bed** Five editions of the B&B challenge. (S)(R)
2.55 **Kirstie and Phil's Love It or List It** A couple from Stevenage need help deciding whether to sell or renovate their home. (S)(R)(AD)
3.55 **New Zealand's Best Homes with Phil Spencer** Phil visits a gigantic house made entirely of copper in Queenstown. (S)(R)(AD)
4.55 **Location, Location, Location** A family search for a property on the south coast for their daughter, who has cerebral palsy. (S)(R)

7.30 The Great Icelandic Swim

6.00 **News** (S)
6.30 NEW TO C4 **Sailing the Shipping Forecast with the Rev Richard Coles** 1/4. The writer and radio presenter travels round the coasts of the UK, meeting people on and offshore whose lives depend on the weather and sea. *Previously on More4.* (S)(AD)
7.30 NEW SERIES **The Great Icelandic Swim with Ross Edgley** 1/3. The record-breaking swimmer embarks on a epic journey around Iceland's coastline, swimming 1,000 miles over 116 days. (S)(AD)
8.30 NEW SERIES **The Roman Empire by Train with Alice Roberts** 1/6. The anthropologist sets out on a journey by train visiting key sites of the Roman empire. Alice begins her tour at Pompeii. *See feature, page 18.* (S)(AD)
9.30 FILM **The Woman King** Historical drama starring Viola Davis, Thuso Mbedu and Lashana Lynch. An all-female group of warriors attempt to protect the West African kingdom of Dahomey. (S) (2022, 15, 160min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM FILM **Cowboys & Aliens** Sci-fi Western starring Daniel Craig, Harrison Ford and Olivia Wilde. (S)(AD) (2011, 12, 120min) ★★★
2.10 **Ramsay's Hotel Hell** From Minnesota. (S)(SL)(R)(AD)
3.00 **The Simpsons** (S)(R)(AD)
4.35 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(R)(AD)
5.00 **to 5.55** AM **Location, Location, Location** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Ben Fogle: New Lives in the Wild** From Cheshire. (S)(R)
10.00 **Tales from the Riverbank with Clare Balding** (S)(R)
12.00 NOON **Dogs Behaving (Very) Badly** Double bill. (S)(R)
2.00 PM **Catching Up with the Royals with Rev Richard Coles** New edition The latest news about the Royal Family. (S)
3.00 **Our Yorkshire Farm** Amanda and the children prepare for the demands of breeding season in autumn. (S)(R) **4.00** All nine children return home for Christmas. (S)(R) **5.00** Edith and Violet search the barn for evidence of previous occupants. (S)(R)

8.30 Kate: A Life in 10 Dresses

6.00 **News** (S)
6.05 **Royal Residences: A Map of Britain** A look at royal homes, assessing what the portfolio is worth and what is going to happen to these properties next as King Charles forges a fascinating legacy. (S)(R)
7.25 **Secrets of the Royal Traditions** New edition A look at the Birthday and New Year Honours lists, revealing how knighthoods are steeped in ceremonial ritual and hark back to a time of chivalry that never actually existed. (S)
8.30 NEW **Kate: A Life in 10 Dresses** The story of the Princess of Wales told through 10 of her most famous dresses, from her engagement dress, to the lace gown she wore at the state banquet for President Trump in 2025. (S)
10.00 **Most Shocking Celebrity Moments** Memorable incidents involving famous couples, featuring break-ups, extra-marital shenanigans and on-screen romances spilling over into real life. (S)(R)
12.05 AM **Street Cops: Catching the Yobs** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Susan Calman's Grand Week by the Sea** Skegness. (S)(R)
3.45 **Charles & the Women Who Could Have Been Queen** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Monkey Life** (S)(R)
7.00 **The Simpsons** (S)(R)
9.00 **Super Shark Highway** Tracking a pregnant shark along the Great Barrier Reef. (S)(R) **10.00** The team put a satellite tracker on a great white. (S)(R) **11.00** How blacktips learn social and survival skills. (S)(R)
12.00 NOON **Gillette Labs Soccer Saturday: Build-Up**
3.00 PM **Gillette Labs Soccer Saturday** The latest news from this afternoon's football.
5.00 **The Simpsons** *Blood Feud:* Mr Burns receives a blood transfusion from Bart. (S)(R) **5.30** *Mr Lisa Goes to Washington:* Lisa comes first in a writing competition and wins a trip to Washington. (S)(R)

9.00 Mad Max: Fury Road

6.00 **The Simpsons** *When Flanders Failed:* Ned opens a shop for left-handed customers. (S)(R) **6.30** *Bart the Murderer:* Bart becomes Fat Tony's personal errand boy. (S)(R)
7.00 **Landscape Artist of the Year** Stephen Mangan hosts as the fourth heat takes place at Skiddaw mountain in the Lake District. (S)(R)(AD)
8.00 **Rob & Romesh vs the NFL** Rob Beckett and Romesh Ranganathan meet and train with American football players, then get kitted up for a challenge in front of 80,000 people. (S)(R)(AD)
9.00 FILM **Mad Max: Fury Road** Sci-fi action thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult, Hugh Keays-Byrne and Rosie Huntington-Whiteley. (S)(AD) (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.15 **Never Mind the Buzzcocks** With Sophie Willan, The Libertines, DJ Target and Harriet Kemsley. (S)(R)(AD)
12.15 AM **Karl Pilkington: The Moaning of Life** 4/6. Exploring the lengths people go to in order to stay healthy. (S)(R)(AD)
1.10 **The Office (US)** (S2) (S)(R)
3.00 **Brit Cops: War on Crime** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.25pm Sportscene: Scottish Cup Highlights (S) **11.25** Match of the Day (S) **12.55am** The Football Interview (S) **1.20** NEW SERIES The Kingdom: Kansas City Chiefs (S)(AD) **2.15** The Kingdom: Kansas City Chiefs New edition (S)(AD) **3.05** Weather for the Week Ahead (S) **3.10-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Dreigiau Cadi **10.15** Stori'r Iaith **11.15** Dim Byd i'w Wisgo **11.45** Ffermio **12.15pm** Llond Bol O Sbaen **1.15** Am Dro! **2.10** Priodas Pum Mil **3.05** Sgwrs Dan y Lloer **4.00** LIVE Clwb Rygbi Rhyngwladol **7.10** Newyddion a Chwaraeon **7.30** Stiwdio24/7 **8.00** Canu gyda Fy Arwr **9.00** Entree Amour & Mynydd **9.30** Ar y Tracs: Y Tren i'r Gem (AD) **10.55pm-12.00m't** Iolo a Dewi: Y Tad a'r Mab a Zambia

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *Night Terrors:* 9/14. A child's bedroom becomes the scariest place in the universe. **7.40** *The Girl Who Waited:* 10/14. Rory tries to rescue a trapped Amy from a quarantine facility. (S6)
8.30 **Gavin & Stacey** 1/8. The happy couple return from their honeymoon. **9.00** 2/8. Gavin sets out to help Smithy accept his responsibilities. (S2)
9.30 **Mrs Brown's Boys** Agnes attempts to arrange the perfect family Christmas.
10.00 NEW SERIES **Dinosaur** 1/6. Return of the comedy. Nina is desperate to get back to her home comforts. **10.30** New episode 2/6. Nina hopes life will return to normal in Glasgow. (S2)
■ Entire series on BBC iPlayer
10.55 **Only Child** 1&2/6. (S2)
11.55 **Daddy Issues** 1-6/6. (S1)
2.30 AM **Things You Should Have Done** 4/6. (S2)
3.00 **to 4.00** AM **Gavin & Stacey**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Meet the Ancestors** Discoveries at a Stone Age temple in Dorset.
7.30 **Ulster in Focus** Celebrating the culture, history and outstanding natural beauty of the glens of Co Antrim.
7.50 **The Good Old Days** Featuring Barbara Windsor and Norman Collier.
8.30 **Hetty Wainthropp Investigates** *Safe as Houses:* Hetty investigates a spate of arson attacks.
9.20 FILM PREMIERE **Crossing** Drama starring Mzia Arabuli, Lucas Kankava and Deniz Dumanli. A retired Georgian teacher travels to Istanbul to find out what happened to her long-lost niece. Partly subtitled. (2024, 15, 101min) ★★★
11.00 **Parkinson: The Interviews** With Alec Guinness.
11.40 **Yes, Prime Minister**
12.40 AM **Hetty Wainthropp Investigates** As 8.30pm.
1.30 **The Good Old Days**
2.10 **Meet the Ancestors**
2.40 **to 3.00** AM **Ulster in Focus**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
2.40 PM **Come Dine with Me** Five editions of the culinary contest from Derby.
5.25 **Four in a Bed** The competition gets under way at The Firs in Perthshire. **5.55** The second visit of the week is to the National Hotel in Ross-hire in the Scottish Highlands. **6.25** The third visit of the week is to the Black Bull Inn in Dumfries and Galloway.
6.55 **Four in a Bed** The final visit of the week is to Braeview Glamping in Berwickshire. **7.25** Payment Day arrives.
8.00 **24 Hours in A&E** Staff and patients at St George's talk about the importance of family support, and those in need of help include a 51-year-old decorator who has fallen from a ladder.
9.00 **24 Hours in A&E** Cameras reveal how individuals adapt and survive in the face of adversity. Subjects include a man who is rushed to A&E after colliding with a van.
10.00 **24 Hours in A&E** Medics suspect internal bleeding when 74-year-old David is flown in by air ambulance after falling from a ladder.
11.05 **999: On the Front Line**
1.15 AM **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Lego Masters Australia**
7.05 **Don't Tell the Bride**
9.00 **Modern Family**
10.00 **Ramsay's Kitchen Nightmares USA**
1.55 PM **The Simpsons** Ten episodes, including at: **5.50** *Moe Letter Blues:* Moe plans to stir up marital strife in Springfield. **6.20** *Judge Me Tender:* Moe is approached by a TV agent to join the *American Idol* judging panel. Featuring the voice of Simon Cowell.
6.50 FILM **Sister Act 2: Back in the Habit** Comedy sequel starring Whoopi Goldberg. Las Vegas nightclub singer Deloris Van Cartier gets back into a nun's habit to become the music teacher of a failing ghetto school. With Maggie Smith and Kathy Najimy. (1993, PG, 107min) ★★
9.00 **Celebrity Gogglebox** Famous faces appraise *24 Hours in A&E, Five Star Kitchen: Britain's Next Great Chef, Sky Coppers* and *Jamie's One-Pan Wonders.*
10.00 **Gogglebox** Opinions on *It's Asia, How to Heat Your Home for Less This Winter* and *Meet the Rees-Moggs.*
11.05 **Gogglebox**
12.10 AM **First Dates**
2.15 **Gogglebox**
4.05 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Saturday primetime

Saturday primetime

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: America's Front Line**
8.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Brit Cops: Rapid Response**
12.00 NOON **Caught Red Handed**
2.00 PM **Police 24/7** A vehicle pursuit turns into a rescue. **3.00** A man pleads for help from officers as he tries to resolve family issues. **4.00** Police dogs find a man suspected of a hit-and-run.
5.00 **Nothing to Declare**

10.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Law & Order: Criminal Intent** *Faithfully:* 5/16. An American football team's doctor is murdered in his own home. (S8)

10 PM
10.00 **Blue Bloods** *End of Tour:* 18/18. The Reagan family race to stop mayhem in the city when the gangs of New York unite. (S14)
11.00 **Law & Order: SVU** 5/22. (S26)
12.00 M'T **The Equalizer** 5/10. (S1)
1.00 AM **Law & Order: Criminal Intent** 21/22. (S7)
2.00 **The Rookie** 6/10. (S6)
3.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S5)
1.20 PM **Game of Thrones** 6/10. Arya continues her training at the House of Black and White. **2.30** 7/10. Jaime attempts to reconnect with his family. **3.35** 8/10. Arya makes progress in her training. **4.40** 9/10. Daenerys hosts a much-anticipated celebration of athleticism. **5.45** 10/10. Cersei finds herself seeking forgiveness. (S5) **6.50** 1/10. The fate of Jon Snow is revealed. (S6)

10.15 Under Salt Marsh

7.55 **Game of Thrones** *Homeward Bound:* 2/10. Bran trains with the Three-Eyed Raven, while at Castle Black, the Night's Watch stands behind Alliser Thorne. (S6)
9.00 **True Detective: Night Country** 2/6. Danvers and Prior set out to learn more about Tsalal. (S4)
10.15 **Under Salt Marsh** 3/6. Jackie and Bull are forced into an alliance and share information while following separate leads. (S1)
11.15 **Euphoria** 1/8. Rue deals with the results of her relapse. **12.20** AM 2/8. Kat ponders her relationship. (S2)
1.30 **Game of Thrones** (S6)
3.45 **In Treatment** (S2)
4.15 **Fish Town**
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
12.00 NOON **SEAL Team** 9/10. The team walk straight into a trap. **1.00** PM 10/10. Jason wrestles with guilt and searches for closure in Afghanistan. (S7)
2.00 **Movie Megastars: Made in the 80s** The biggest film stars of the decade.
4.00 **Stargate Universe** 16/20. Rush delivers bad news. **5.00** 17/20. Strange visions begin to plague the crew. **6.00** 18/20. Rush suspects that Telford is a spy. (S1)

10.00 Peacemaker

7.00 **Stargate Universe** *Incursion – Part One:* 19/20. The crew of the *Destiny* launch a pre-emptive attack.
8.00 **Stargate Universe** *Incursion – Part Two:* 20/20. Rush makes a deadly discovery aboard the *Destiny*. (S1)
9.00 **Never Mind the Buzzcocks** With guests Perrie Edwards, Bradley Simpson, Duncan James and Sam Campbell.
10.00 **Peacemaker** *The Ties That Grind:* 1/8. Harcourt looks for work, and Economos faces a new assignment. (S2)
11.00 **Peacemaker** 2/8. Economos clashes with his new handler. **12.00** M'T 3/8. Economos pays for the team's botched mission, while Peacemaker pursues Harcourt in the other dimension. (S2)
1.00 AM **The Force: Manchester**
3.00 **Brit Cops: War on Crime**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
7.55 **The Only Way Is Essex**
10.55 **Deal or No Deal**
2.00 PM **The Floor**
3.05 **Ant & Dec's Limitless Win**
4.05 **FILM Hotel Transylvania** Animated comedy featuring the voice of Adam Sandler. (2012, U, 91min) ★★★★
5.50 **FILM Legally Blonde 2: Red, White & Blonde** Comedy sequel starring Reese Witherspoon and Sally Field. (2003, PG, 95min) ★★

7.55 Coyote Ugly

7.55 **FILM Coyote Ugly** Music drama starring Piper Perabo, Adam Garcia and Maria Bello. An aspiring singer-songwriter gets a job in a rowdy New York bar while pursuing her dreams of stardom. With John Goodman. (2000, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.00 **Love Island All Stars: Unseen Bits** New edition Maya Jama reviews highlights from the last seven days in the villa.
11.05 **Family Guy** (S17&16)
12.05 AM **American Dad!** (S20&14)
1.05 **Olivia Attwood: Getting Filthy Rich** Olivia explores the surprisingly lucrative world of the foot fetish.
2.05 **Plebs** 1/6. (S1)
2.35 **to 3.00** AM **Transaction**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.25 **FILM Carry On Behind** Comedy starring Kenneth Williams and Elke Sommer. (1975, PG, 90min) ★★
12.10 PM **Rosemary & Thyme**
2.10 **Midsomer Murders** *Market for Murder:* A prominent villager is battered to death. **4.10** *A Worm in the Bud:* A land feud leads to murder. **6.10** *Ring Out Your Dead:* The bell-ringers of Midsomer Wellow are mysteriously murdered one by one.

12.10 Rosemary & Thyme

Midsomer Murders (started at 6.10pm)
8.10 **Midsomer Murders** *Murder on St Malley's Day:* The murder of a pupil at a local school leaves Barnaby trying to deduce whether the boy's death is linked to his membership of an elite club dedicated to dining on suet puddings.
10.15 **Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found in a trawler's net, and who may have been killed as part of a family feud.
12.00 M'T **Lewis** *Beyond Good and Evil:* A man incarcerated for the murders of three police officers launches an appeal.
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Entertainment Mix** The latest culture and arts news presented by Michelle McManus.
7.45 **The Repair Shop on the Road** The team revive a camera recovered from the depths of Loch Ness.
8.30 **Icons of Football** The career of Rose Reilly.
9.00 **The Chief** 1/4. Chief Miekelson embraces a new government scheme. **9.30** 2/4. Chief Miekelson signs up for a personal revamp. (S1)
10.00 **The Scotts** 1/5. Henry aims to settle family differences with a boys' night. (S1)
10.30 PM **to 12.00** M'T **Lover, Liar, Predator** Four survivors of the same man join forces to bring him to justice.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
10.30 **Ballers** (S1&2)
12.55 PM **Sex and the City**
4.00 **Community** (S5)
6.30 **The Office (US)** 10/22. Michael holds a party at the office. **7.00** 11/22. Michael takes the office staff on a motivational cruise. **7.30** 12/22. Michael injures his foot. **8.00** 13/22. Jim regrets telling Michael about his feelings for Pam. **8.30** 14/22. Michael reminisces about his pre-management days. (S2)
9.00 **Sarah Silverman: We Are Miracles** The comedian performs a stand-up special.
10.05 **Saturday Night Live**
11.30 **FILM Movie 43** Comedy sketch compendium starring Kate Winslet and Halle Berry. (2013, 15, 90min) ★
1.20 AM **And Just Like That...**
3.00 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live: A Film Music Spectacular**
8.00 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM The Adventures of Sherlock Holmes** Mystery. (1939, b/w, PG) ★★★★★
2.30 **FILM Modern Times** (1936, b/w, U) ★★★★★
4.00 **Douglas Adams: The Man Who Imagined Our Future**
5.30 **Landscape Artist of the Year** The Lake District.
6.30 **Classic Albums**
7.45 **California Dreamin': The Songs of the Mamas and the Papas**
9.00 **Billy Joel: And So It Goes** Documentary.
11.50 **Legends: Live at Montreux** From 1997
2.00 AM **Isle of Wight Festival**
3.30 **Discovering**
4.00 **Music Legends**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: Canada's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Africa's Hunters**
5.00 **Africa's Claws and Jaws**
6.00 **Wild Dogs: Pack vs Pride** Double bill.
7.00 **Dogs: An Amazing Animal Family** Patrick Aryee explores the canine family tree.
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.
9.00 **FILM Hotel Mumbai** Fact-based thriller starring Dev Patel, Armie Hammer and Jason Isaacs. (2018, 15, 123min) ★★★★
11.10 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show hosted by Warwick Davis.
3.00 **In with a Shout** Game show hosted by Joel Dommett.
4.00 **Time Is Money** Sara Davies hosts the quick-fire quiz show.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **In with a Shout** The Smiths from London and the Taylors from Suffolk try to answer questions, the correct responses to which are hidden within a montage of moving images.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
11.30 **Kirstie and Phil's Love It or List It: Brilliant Builds** Double bill.
1.00 PM **George Clarke's Amazing Spaces**
2.00 **Location, Location, Location** From Surrey.
3.00 **A Place in the Sun**
8.00 **Kirstie and Phil's Love It or List It**
9.00 **Michael Jackson: The Trial** 1&2/4. Documentary examining the 2005 criminal trial against the singer, and charting Jackson's rise to fame and his life in the spotlight.
11.05 **FILM Daddy's Home** Comedy with Will Ferrell and Mark Wahlberg. (2015, 12, 96min) ★★★
12.55 AM **Gogglebox**
2.00 **The Great Icelandic Swim with Ross Edgley**
3.00 **8 Out of 10 Cats Does Countdown**
4.00 **to 5.00** AM **David Baddiel: Cat Man**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 80s**
6.15 **The Big Match Revisited**
8.20 **The Sweeney**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **E1 Powerboat Highlights**
12.30 PM **Made in Britain**
1.00 **The Casebook of Sherlock Holmes** Murder mystery.
2.05 **Cadfael** The sleuthing monk investigates a nun's murder.
3.45 **The Motorbike Show**
5.45 **Junk & Disorderly** Henry Cole and Allen Millyard restore a Triumph Trident bike.

6.45 Flash Gordon

6.45 **FILM Flash Gordon** Sci-fi adventure based on the adventures of the famous comic-strip hero, starring Sam J Jones, Melody Anderson, Topol and Max von Sydow. (1980, PG, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **English Football League Highlights** Action from the latest EFL matches, including Coventry City v Oxford United, Hull City v Bristol City and Southampton v Watford in the Championship.
10.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling.
12.30 AM **The Sweeney**
1.30 **Minder**
2.30 **Auto Mundial**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM DC Down** Disaster thriller starring Jack Pearson. (2023, PG, 82min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **4.00** 19/26. Wesley is in trouble when he gets involved in a desperate cover-up. **5.00** 20/26. Troi's mother causes problems. (S5)
6.00 **Star Trek: Voyager** 9/16. Kim mysteriously disappears. (S1)

7.00 Star Trek: Voyager

7.00 **Star Trek: Voyager** *Prime Factors:* 10/16. The crew encounter an alien race that offer hope of a return home.
8.00 **Star Trek: Voyager** *State of Flux:* 11/16. A Kazon warship is crippled in an accident. **8.50** *Heroes and Demons:* 12/16. An alien life form transforms the crew into pure energy. **9.40** *Cathexis:* 13/16. An assault on the shuttle leaves Chakotay fighting for his life. (S1)
10.30 **Westworld** *The Original:* 1/10. Sci-fi drama inspired by Michael Crichton's 1973 film. (S1)
11.50 **Westworld** 2/10. Two new guests explore the possibilities offered to them. **12.55** AM 3/10. Ford throws the park into disarray. **2.00** 4/10. The Man in Black forms an alliance with a bandit. **3.05** 5/10. Delores and William find themselves in Pariah. (S1)
4.05 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
10.00 **The Doctor Blake Mysteries**
12.00 NOON **Inspector George Gently** *Gently Among Friends.*
2.00 PM **Father Brown** Four episodes, including at: **5.00** *The Tower of Lost Souls:* Father Brown joins forces with Chief Inspector Valentine in a bid to uncover a dark secret at Helmsley House.
6.00 **Shakespeare & Hathaway: Private Investigators** 9/10. The duo look into a campaign of culinary sabotage. (S1)

7.00 Shakespeare & Hathaway

7.00 **Shakespeare & Hathaway: Private Investigators** 10/10. Frank and Lu must find a precious jewel. (S1)
8.00 **Death in Paradise** *Stumped in Murder:* 4/8. The president of the local cricket club is found dead in the middle of the pitch.
9.00 **Death in Paradise** *Man Overboard – Part One:* 5/8. The Caribbean police's latest case takes them to London. (S6)
10.00 **Father Brown** *The River Corrupted:* Sid returns to Kembleford to ask his old family to help save his new one.
11.00 **Father Brown** *The Curse of the Aesthetic:* When a tortured artist is murdered, Father Brown must work out who committed the crime.
12.00 M'T **Father Brown**
1.00 AM **Murdoch Mysteries** (S8)
3.00 **to 4.00** AM **Far North**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
12.15 PM **Only Fools and Horses** Nine episodes, including at: **5.40** Del Boy encounters an old flame from almost 20 years previously, while Rodney experiences the joys of dating – but the brothers soon face awkward questions from the past. Guest stars Diane Langton. **6.20** Del Boy and Rodney attend Grandad's funeral – and meet a certain long-lost seafaring uncle who ends up outstaying his welcome.

6.20 Only Fools and Horses

7.00 **Only Fools and Horses** Uncle Albert has a nasty fall into the pub cellar. **7.35** Rodney aspires to become a pop star. Guest stars DJ Mike Read. **8.15** The Trotters agree to dog-sit while Boycie and Marlene go on holiday. **8.55** Del pays a stripper to attend a party at the Nag's Head with Rodney. **9.35** Del Boy sees a chance to make a quick profit involving Denzil's redundancy money.
10.15 **Only Fools and Horses** Always one to jump on the bandwagon, Del goes eco-friendly and launches a bottled water business.
11.40 **Only Fools and Horses**
1.40 AM **Alma's Not Normal** Comedy pilot written by and starring Sophie Willan. After a recent break-up, Alma tries to get her life back on track.
2.15 **to 4.00** AM **Alma's Not Normal**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Big Zuu's Big Eats**
8.00 **Hairy Bikers' Best of British**
9.00 **Rick Stein's Secret France**
10.00 **Top Gear** Double bill.
12.00 NOON **World's Most Dangerous Roads** Double bill.
2.00 PM **Guy Martin: Proper Jobs**
3.00 **Would I Lie to You?**
5.40 **Would I Lie to You? The Unseen Bits** Extra material from the comedy panel show.
6.20 **Would I Lie to You? At Christmas** With guests Barry Cryer, Stephen Mangan, Miranda Hart and Miles Jupp.

7.00 Gavin & Stacey

7.00 **Gavin & Stacey** The Wests join the Shipmans on Christmas Eve for one of Mick's famous turkey dinners, but Gavin and Stacey's announcement dampens the mood.
8.20 **QI** With guest panellists Rich Hall, John Sessions and Josie Lawrence.
9.00 **Not Going Out** Lee becomes obsessed with a beeping noise. **9.40** Lee becomes a competitive dad when Benji takes up football.
10.20 **Not Going Out Christmas Special** Full of good intentions, Lee and Lucy invite a lonely pensioner from the nearby care home to join them for Christmas dinner.
11.20 **Would I Lie to You?**
1.20 AM **Gavin & Stacey**
2.00 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

Saturday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S6)
2.00 PM **NCIS** Seven episodes, including at: **6.00** *Witch Hunt:* 6/24. Kidnappers strike on Halloween. **7.00** *Sandblast:* 7/24. A Marine colonel is killed in an explosion. **8.00** *Once a Hero:* 8/24. A former Marine falls to his death. (S4)
9.00 **Instinct** *Stay Gold:* 1/11. Dylan and Lizzie investigate the murder of a successful businesswoman. (S2)
10.00 **Law & Order: Special Victims Unit** *Guardian:* 21/24. Fin investigates a man's claim that his sister was gang raped. (S19)
11.00 **Law & Order: Special Victims Unit** (S19)
1.45 AM **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S10)
10.05 **Shoplifters: Caught Red Handed** Double bill.
12.05 PM **Nightmare Tenants, Slum Landlords**
4.00 **Fare Dodgers: At War with the Law** Five editions, including at: **7.00** A revenue protection officer is cornered and verbally abused on a train. **8.00** Revenue protection officers set a trap at London's Vauxhall.
9.00 **FILM Battle: Los Angeles** Adventure starring Aaron Eckhart and Michelle Rodriguez. (2011, 12, 116min) ★★★
11.25 **Accused** (S1)
1.20 AM **Murder Suspect No 1** Documentary.
2.40 **My Boyfriend, My Rapist: The Secret Footage** Documentary.
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Winter Road Rescue**
9.45 **Police Interceptors**
11.45 **Motorway Cops: Catching Britain's Speeders** Five editions.
4.50 PM **FILM The Scalphunters** Western adventure starring Burt Lancaster. (1968, PG, 102min) ★★★
6.55 **FILM Lawman** Western starring Burt Lancaster as a US Marshal trying to bring to justice seven cowboys accused of murder. With Robert Ryan and Lee J Cobb. (1970, 15, 99min) ★
9.00 **FILM The Quick and the Dead** Western starring Sharon Stone as a mysterious gunslinger who enters a gunfighting contest in a lawless town ruled by her deadly enemy. (1995, 15, 108min) ★★★
11.05 PM **to 4.00** AM **Banged Up Abroad**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **999 Rescue Squad**
7.00 **Pete Wicks: For Dogs' Sake** Pete meets Staffy Boxer cross who has been at the centre for over three years.
8.00 **Nurses on the Ward** One of Advanced Nurse Practitioner Caroline's patients is deteriorating rapidly
9.00 **Louis Theroux: Miami Mega Jail** A look at life in Miami County Jail. **10.00** Louis meets an alleged triple murderer.
11.00 **Emergency: First Time Medics** Documentary.
12.00 M'T **Louis Theroux: America's Most Hated Family in Crisis**
1.00 AM **Death at the Mansion: Rebecca Zahau** Documentary.
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
7.35 **Lovejoy**
10.50 **Father Brown**
11.50 **New Tricks**
2.25 PM **Jonathan Creek**
4.35 **Miss Marple**
7.00 **The Brokenwood Mysteries** 5/6. (S8)
9.00 **Whitechapel** 3/3. Chandler and the team begin to play the twins at their own game. (S2)
10.00 **Catch Me a Killer** *The Cape Town Prostitute Killer:* 6/11. Micki returns to Cape Town, where a serial killer has been targeting prostitutes. **11.10** *Stewart Wilken:* 7/11. Micki arrives in Port Elizabeth to testify in the trial of 'cannibal killer' Stewart Wilken. (S1)
12.10 AM **The Inspector Lynley Mysteries**
2.05 **New Tricks**
3.05 **to 4.00** AM **Ladies in Black**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Flipping Bangers**
11.00 **Joanna Lumley's Silk Road Adventure**
1.00 PM **Canal Boat Diaries**
4.00 **Mediterranean with Simon Reeve** Triple bill.
7.00 **Classic Car Kings** The team rescue a very early 1949 VW Beetle.
8.00 **Bangers & Cash** Derek heads to Bromsgrove on the trail of a very rare Aston Martin DB6 Mk2.
9.00 **Bangers & Cash: Restoring Classics** The team buy one of Derek's favourite Austin commercials and convert it to electric.
10.00 **Bangers & Cash** A 1275 Mini GT goes up for sale at auction. **11.00** Derek picks up a veteran 1904 Swift.
12.00 M'T **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

SATURDAY Entertainment

Saturday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** A cable drum is given a new lease of life. **7.00** A dull dresser is given some makeover magic by Sarah Peterson. **8.00** Leigh-Anne Treadwell redesigns a pair of teak chairs.
9.00 **My Lottery Dream Home** Double bill.
10.00 **Celebrity IOU** New edition Jonathan and Drew help Jane Seymour surprise a cherished friend with a backyard renovation.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** 14-18/24. (S6)
1.00 PM **Little House on the Prairie** Eight episodes of the series, including at: **7.00** *Laura Ingalls Wilder – Part One:* 1/22. Laura announces her marriage to Almanzo. **8.00** *Laura Ingalls Wilder – Part Two:* 2/22. Laura returns Almanzo's ring. (S7)
9.00 **The Ruth Rendell Mysteries** *Master of the Moor:* A mutilated body is found on the moor and the landowner becomes obsessed with finding the beast responsible.
12.05 AM **FILM Please Sir!** Big-screen spin-off from the 1970s TV sitcom, starring John Alderton. (1971, PG, 97min) ★★★
2.15 **Rumpole of the Bailey**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Wanted: Dead or Alive** 2/32. (S2)
9.30 **The High Chaparral**
10.30 **FILM The High and the Mighty** Adventure with John Wayne. (1954, U, 147min) ★★★★
1.35 PM **FILM The Horse Soldiers** Western. (1959, U, 115min) ★★
4.10 **FILM Rio Grande** Western. (1950, b/w, U, 107min) ★★★★
6.35 **FILM Jet Pilot** Drama. (1957, U, 112min) ★★
9.00 **FILM Rambo: First Blood Part II** Action thriller sequel. (1985, 15, 96min) ★★★
11.10 **FILM Renegades** Action adventure. (2017, 15, 106min) ★★
1.25 AM **The Persuaders!**
3.15 **Police Ten 7**
3.40 **FILM Collision Course** Thriller with Tia Carrere. (2012, PG, 90min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Diagnosis Murder**
9.30 **FILM White Hot** Drama. (2016, PG, 89min) ★★
11.25 **FILM Silent Witness** Drama. (2019, PG) ★★
1.20 PM **FILM Signed Sealed Delivered** Drama. (2013, PG, 87min) ★★
3.15 **FILM Death by Design** Drama. (2019, PG) ★★
5.10 **Hailey Dean Mysteries**
7.05 **FILM A Bone to Pick** Mystery thriller. (2015, PG, 84min) ★★
9.00 **FILM Murder Ever After** Crime thriller. (2021, PG, 89min) ★★
10.55 **FILM The Wedding Dress** Crime drama. (2015, PG, 83min) ★★
12.50 AM **FILM Black Widow** Thriller. (2007, PG) ★★
2.40 **FILM Pretty Little Stalker** Crime thriller. (2018, PG, 87min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM **FILM Designed with Love** Drama. (2020, PG, 85min) ★★
10.05 **FILM Winter's Dream** Drama. (2018, PG) ★★
12.00 NOON **FILM Cabin Connection** Drama. (2022, PG, 89min) ★★
1.55 PM **FILM Matching Hearts** Romantic drama. (2020, PG, 100min) ★★
3.50 **FILM Me and Mr Right** Romantic comedy. (2022, U, 91min) ★★
5.50 **FILM A Perfect Match** Drama. (2021, PG) ★★
7.45 **FILM The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
9.45 **FILM Let Love Grow** Romantic drama. (2023, U, 90min) ★★
11.50 **FILM Sweet Autumn** Drama. (2020, PG) ★★
2.00 AM **Highway to Heaven**
3.10 **to 5.00** AM **FILM Matching Hearts** Drama. (2020, PG, 100min) ★★

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.30 **The Lovers**
9.00 **The Fenn Street Gang**
10.30 **The Dustbinmen**
12.00 NOON **The Champions**
1.00 PM **Boon** 13/13. (S2)
2.00 **Wish Me Luck** (S1)
5.00 **The Lovers** (S1)
6.00 **The Champions**
7.00 **The Top Secret Life of Edgar Briggs** (S1)
8.00 **Boon** *A Once Fluid Man:* 13/13. Ken meets an ex-girlfriend. (S2)
9.00 **Dark Skies** *Hostile Convergence:* 9/20. Kim uncovers bad news. (S1)
10.00 **FILM Sex and the Other Woman** Comedy. (1972, 18, 105min) ★★
11.45 **Stereo Underground**
12.45 AM **Naughty!**
2.30 **A Day in the Life of Beryl Cook**
3.00 **The Prime of Miss Jean Brodie** 7/7. (S1)
4.00 **Dark Skies** 9/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **The Snake Catcher**
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** The story of a former model who once mixed with Hollywood's elite. **8.00** A woman who has been jailed for her extreme hoarding.
9.00 **Paranormal: Caught on Camera** A cryptid peruses a zoo in search of its next meal, and a family spot Bigfoot in their own backyard.
10.00 **Ghost Adventures** Zak Bagans and the crew are called to the Los Angeles Police Museum. **11.00** The birthplace of author John Steinbeck.
12.00 M'T **Unexplained: Caught on Camera**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
11.00 **Nadiya's Fast Flavours**
12.00 NOON **Nadiya's Time to Eat** Double bill.
1.00 PM **James Martin's American Adventure**
3.00 **Rick Stein's Fruits of the Sea** Seven editions.
6.30 **Mary Berry's Foolproof Cooking** Dishes that are perfect for a party.
7.00 **Secret Eats with Adam Richman** Adam explores Ho Chi Minh City in Vietnam. **7.30** Adam explores Hong Kong, where he visits a secret speakeasy. **8.00** Searching for London's hidden delights. **8.30** Adam heads to Argentina in search of the best secret eats.
9.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Triassic Hunt** Action adventure. (2021, 15, 86min) ★★
9.00 **Charlie's Angels** (S5)
10.00 **The Invaders** (S1)
2.00 PM **FILM Apache Uprising** Western. (1966, PG, 90min) ★★
3.50 **FILM Buckskin** Western. (1968, U, 98min) ★★
5.55 **FILM Coward of the County** Drama starring Kenny Rogers. (1981, PG, 104min) ★★
8.00 **The Twilight Zone** (S4)
9.00 **FILM Equilibrium** Sci-fi action thriller starring Christian Bale, Taye Diggs and Emily Watson. (2002, 15, 107min) ★★★
11.10 **FILM 2 Guns** Thriller with Denzel Washington. (2013, 15, 104min) ★★★
1.20 AM **FILM Beyond the Law** Thriller with DMX. (2019, 15, 89min) ★
3.10 **to 5.00** AM **FILM Circus of Horrors** Horror. (1960, 15, 91min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The Gambler: The Adventure Continues**
2.00 PM **FILM Weather Wars** Sci-fi thriller starring Jason London. (2011, 15, 82min) ★★
4.00 **The Lost World** (S1)
9.00 **FILM The Bone Collector** Crime thriller with Denzel Washington and Angelina Jolie. (1999, 15, 117min) ★★★
11.15 **FILM A Certain Justice** Action adventure with Cung Le, Dolph Lundgren and Vinnie Jones. (2014, 15, 96min) ★★
1.10 AM **FILM Deadly Target** Action thriller starring Michael Jai White. (2015, 15, 87min) ★★
3.00 **FILM Shark Lake** Thriller starring Dolph Lundgren and Sara Malakul Lane. (2015, 15, 89min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Pawn Stars Do America**
10.10 **Alien Disclosure Files**
11.10 **UFO POV**
12.05 PM **Encounter: UFO**
1.05 **The Proof Is Out There**
3.05 **What on Earth?**
6.00 **History's Greatest Mysteries** Jimmy Hoffa's disappearance. **7.00** A mystery that spawned a quest for a work of art worth half a billion dollars. **8.00** The discovery of a man's body on a beach in Adelaide, Australia.
9.00 **Holy Marvels with Dennis Quaid** A look into Holy places located underground.
10.00 **Clash of Ancient Warriors** The Battle of Marathon, which took place in 490 BC.
11.00 **The UnXplained with William Shatner**
1.00 AM **Strangest Things**
2.00 **to 6.00** AM **UFO Files**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
7.00 PM **Abandoned Engineering**
8.00 **Battle Front: WWII Road to Victory** The story of how, in 1941, Mussolini sought to seize Malta from the British. **8.30** A look at how Japan opened the Pacific War by striking British forces in Malaya.
9.00 **Attack on Pearl Harbor: Caught by Surprise** A detailed account of the Japanese attacks on the US naval base in December 1941.
10.00 **Attack on Pearl Harbor: 30 Minutes in Hell** The attack begins and months of practice are put into action.
11.00 **Attack on Pearl Harbor: Declaration of War** The first wave of the attack draws to an end.
12.00 M'T **to 4.00** AM **Wentworth Prison**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With guests Jimmy Carr, Jack P Shepherd, Matt Dawson and Sally Bercow. **6.00** With Jodie Prenger, Chris Packham, Jennie McAlpine and Dan Lobb.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** Melvin Odoom, Carl Fogarty, Louis Smith and Bonnie Langford take part in the quiz.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
8.00 PM **The Big Bang Theory** 8/24. Sheldon punishes Leonard for a past mistake. **8.30** 9/24. The group spend the Thanksgiving holiday at Mrs Wolowitz's house. (S7)
9.00 **FILM The Truman Show** Satirical comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney, Natascha McElhone and Ed Harris. (1997, PG, 99min) ★★★★
11.00 **Mock the Week**
12.00 M'T **Young Sheldon**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Impractical Jokers**
11.00 **Friends** 8-25/25. (S6)
8.00 PM **Friends** 1/24. Monica celebrates her engagement. **8.30** 2/24. Monica excitedly starts making wedding plans. (S7)
9.00 **FILM Snatch** Crime comedy drama. (2000, 18, 102min) ★★★★
11.05 **Al Murray: Beautiful British Tour: Live at The O2** Stand-up show.
12.05 AM **8 Out of 10 Cats Uncut** With Nick Helm.
12.55 **Whose Line Is It Anyway? USA**
1.25 **Drunk History: Black Stories** Double bill.
2.25 **Iain Stirling's Roast the Internet**
3.20 **Jimmy Carr's Am I the A**hole?**
4.05 **Dragony Aunts**
4.15 **to 5.00** AM **Comedy Game Night**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Friends** 22-25/25. (S6)
11.00 **Michael McIntyre's Big Show** As 3.00pm.
12.00 NOON **Everybody Loves Raymond** (S7)
3.00 PM **Michael McIntyre's Big Show** With Robbie Williams and Ian Wright.
4.00 **Everybody Loves Raymond** (S8)
8.00 **Everybody Loves Raymond** 9/23. An injured bird upsets the Thanksgiving festivities. **8.30** 11/23. Debra plans a recruitment party at Frank's lodge. (S8)
9.00 **Friends** 1-10/24. (S7)
2.00 AM **New Girl** (S2)
3.00 **South Park** 5-8/15. (S7)
4.30 **Jimmy Carr's Am I the A**hole?** A man who helps himself to his co-workers' lunches.
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **The Kenny Everett Video Show**
8.20 **On the Buses** 4/7. (S1)
9.55 **Goodnight Sweetheart**
12.10 PM **Rising Damp** (S1)
1.15 **Rising Damp** 5/6. (S4)
2.20 **FILM Bless This House** Comedy spin-off. (1972, U, 89min) ★★
4.05 **Some Mothers Do 'Ave 'Em** 1-6/6. (S2)
7.55 **Minder** 2/11. (S4)
9.00 **Benidorm** 3&4/6. (S1)
9.55 **Shameless** 6/11. (S2)
10.55 **Man About the House**
11.30 **Rising Damp** 1/8. (S2)
12.00 M'T **Benidorm** 3/6.
12.55 AM **Shameless** (S2)
1.55 **The Kenny Everett Video Show**
2.30 **Man About the House**
2.55 **Duty Free** 4/7. (S1)
3.20 **The Osbournes**
3.40 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
4.50 **to 6.00** AM **Swanage Railway**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **16 and Pregnant**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: Love Triangles**
5.00 **Catfish: The TV Show** Four editions, including at: **7.00** Nev and NFL star Rashad Jennings help Deven find his mysterious online love. **8.00** Sham is suspicious of her lover's behaviour.
9.00 **True Life Crime UK** Linda Adey investigates Georgina Gharsallah's 2018 disappearance.
10.00 **FILM The Purge** Horror starring Ethan Hawke. (2013, 15, 85min) ★★★
12.00 M'T **Help! I'm in a Secret Relationship!**
1.00 AM **Caught in the Act: Unfaithful** Reality series.
2.00 **Black Ink Crew New York** Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Expedition X**
12.00 NOON **Gold Rush** Rick confronts foreman Buzz. **1.00** PM Parker investigates a forgotten section of Dominion Creek, and Rick gets ambitious. **2.00** Rick decides to move Monster Red to Vegas Valley. **3.00** Rick's season rides on his first week of sluicing, and Parker targets a honey hole. **4.00** Rick digs his last gold of the season at Vegas Valley. **6.00** Parker fights to stop his gold slide, Kevin scores big, and Rick makes a discovery.

6.00 Expedition X

7.00 **Scrapyard Dynasty** With help from his family and staff, Terry Walker tries to find his next money-making scheme.
8.00 **Secrets Underground** Rob Nelson examines markings that suggest a violent clash between prehistoric beasts.
9.00 **Marooned with Ed Stafford** Ed stays in the Caprivi, a place with the highest concentration of dangerous game.
10.00 **Expedition Unknown** Josh unravels conspiracy theories about the Great Pyramid of Giza and scans for secret passages.
11.00 **Expedition Files** Investigating the Salem Witch Trials, UFOs and Rasputin's murder.
12.00 M'T **Moonshiners** Mark and Digger think their best barrel will make them shine legends.
1.00 AM **Moonshiners** Double bill.
3.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo** A goat gives birth to the biggest baby of the year. **4.00** Jasmine the otter is not her usual, energetic self.
5.00 **Treehouse Masters** Pete Nelson designs a structure for two tastemakers.
6.00 **Preposterous Pets** The stories of people who keep all manner of animals as pets.

7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** How caterpillars transform into butterflies. **7.30** A look at why some cats are cross-eyed.
8.00 **Extinct or Alive** Forrest Galante heads to the Cape York Peninsula in Australia in search of the Tasmanian tiger.
9.00 **Alaskan Bush People: Bushcraft Chronicles** The Browntown residents discuss some of their most innovative shelters.
10.00 **Tanked** A company designing customisations for high-end and rare vehicles request an exotic fish tank.
11.00 **Alaska: The Last Frontier**
12.00 M'T **Edge of Alaska** Neil's project goes over budget. **1.00** AM Plans to allow tourists to visit the Motherlode mine push forward.
2.00 **The Haunted** Documentary.
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ultimate Supercar**
9.00 **Car S.O.S** Triple bill.
12.00 NOON **Engineering Europe**
1.00 PM **Air Crash Investigation**
2.00 **Gladiators: Warriors of the Ancient World** Spiculus.
3.00 **Vikings: The Rise and Fall** The Vikings' beginnings. **4.00** The Siege of York in 866.
5.00 **Destruction Decoded** The stories behind 10 infamous train and plane disasters.
6.00 **Air Crash Investigation** Dramatised reconstruction of real-life air disasters.

10.00 No Man Left Behind

7.00 **World War II: Secrets from Above** German and Italian forces threaten British-controlled Egypt and the Suez Canal.
8.00 **Hitler's Last Stand** In 1944, resistance fighters declare a Free French Republic in eastern France.
9.00 **Hitler's Last Stand** A US artillery observer is all that stands between the French town of Mortain and capture by the Nazis.
10.00 **No Man Left Behind** SAS commando Chris Ryan tells of how he raced 200 miles across the desert to evade Iraqi forces.
11.00 **Pole to Pole with Will Smith** Will's trip to a remote island in the South Pacific is threatened by rising sea, and becomes revelatory as he helps record a lost language.
12.00 M'T **Air Crash Investigation**
3.00 **to 5.00** AM **Inside Airport Lost & Found**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Ancient Aliens: Origins**
8.00 **Full Custom Garage**
10.00 **The Curse of Oak Island**
11.00 **Storage Wars** Six editions.
2.00 PM **Digging for Britain** An excavation at Shakespeare's first theatre in Shoreditch. **3.00** The skeletons of 97 babies found near the Thames. **4.00** The Viking Age.
5.00 **Lost Grail with Alice Roberts** Britain's Holy Grail legends.
6.00 **Gold Wars Downunder** Matt and Damo weigh up the two offers for their land.

6.00 Gold Wars Downunder

7.00 **Airport Security: USA** In Hawaii, an aggressive passenger causes trouble for officers and refuses to answer their questions.
8.00 **Airport Security: USA** In San Francisco, a man is detained for violating a restraining order just as he is about to fly abroad.
9.00 **Contraband: Seized at Sea** A search party look for a group of undocumented migrants hiding on an island.
10.00 **Contraband: Seized at Sea** Agents go on the hunt for boat thieves, and a YouTuber is investigated as a potential smuggler.
11.00 **Hells Angels: Kingdom Come** When war breaks out between the Hells Angels and an enemy, the Mafia stepped in. An unholy alliance formed with El Chapo, leading to a deadly end for a Hells Angels kingpin.
12.00 M'T **Full Custom Garage**
2.00 AM **Digging for Britain**
5.00 **to 6.00** AM **Lost Grail with Alice Roberts**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Daniel Day-Lewis** Profile of the actor.
7.00 **Discovering: Robert Donat**
8.00 **The Directors**
9.00 **Bardot**
11.00 **Enigma** An exploration of transgender identity.
1.00 PM **Rory's 2025**
2.30 **Tony Collins: Football's Master Spy** Documentary.
3.00 **FILM When We Were Kings** Oscar-winning documentary. (1996, PG, 87min) ★★★★★
4.45 **Tina** A celebration of Tina Turner's life and career.

4.45 Tina

7.00 **The Wimbledon Kidnapping** A look back at the mysterious disappearance of Muriel McKay in Wimbledon in 1969, as well as the trial of the first-ever kidnap and ransom case in Britain.
9.00 **Chernobyl: The Lost Tapes** Newly discovered archive footage and witness accounts reveal the story behind the 1986 nuclear disaster and the heroic efforts made to prevent another explosion.
11.00 **The Alabama Solution** Documentary about the prison system in Alabama.
1.15 AM **Kings of Coke** The story of one of North America's most feared criminal organisations.
3.00 **Hijacked: Flight 73** The hijacking of Pan Am Flight 73 in Karachi in 1986.
5.00 **to 6.00** AM **The Directors**

Saturday

7 PM

8 PM

9 PM

10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
8.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
7.00 **Shed and Buried: Classic Cars** Henry and Fuzz dive into an eclectic mix of British and American vehicles.
8.00 **Guz Khan's Custom Cars** Guz upgrades his S2000 with a thunderous stereo.
9.00 **The Repair Shop** The experts restore some baby boots, a jewellery box and a dance mat.
10.00 **The Yorkshire Auction House** Angus clears the home of a widower.
11.00 **Outback Opal Hunters** The Bushmen unleash a potentially fatal threat.
12.00 M'T **Treasure Hunters Down Under**
1.00 AM **Mystery at Blind Frog Ranch** Double bill.
3.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Detroit**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **10 Steps to Murder**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **A Body in the Basement** Triple bill.
6.00 **Hometown Homicide** Triple bill, including at: **8.00** The case of teacher Tara Grinstead.
9.00 **The Murder Tapes** New edition The murder of 96-year-old Evelyn Murray-Bailey.
10.00 **Police 911: Michigan** New edition A stray bullet kills 15-year-old La'Kyijah Williams.
11.00 **Faking It: Jimmy Savile**
12.00 M'T **Murder on CCTV**
1.00 AM **Gary Glitter: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Judge Judy** A woman is suing her former live-in boyfriend for unpaid rent. **7.30** A teenager sues her ex-friend's boyfriend for allegedly depositing bad cheques into her account and then withdrawing the money. **8.00** A failed Republican run for Mayor of Philadelphia ends with the candidate being sued by an employee. **8.25** A horse owner accuses a trainer of injuring her horse's tongue by making her wear an ill-fitting bit during her training. **8.50** A firecracker thrown at a Pekingese divides neighbours.
9.15 **Judge Judy** Real-life small-claims cases.
12.10 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil**
4.00 **Crimes That Shook Australia** Double bill.
6.00 **See No Evil** The murder of Christopher Duncan. **7.00** Hufracio Arteaga is stabbed to death in his Michigan City office. **8.00** The murder of Jessika Kalaher.
9.00 **Murder UK** Suzanne Van Hagen meets a violent man online and is found dead one year later. **10.00** The case of Hollie Gazzard, who was tragically killed by her ex, Asher Maslin. **11.00** Years after David Clarke's death, a tape reveals a betrayal. **12.00** M'T The case of Mitesh Patel, who killed his wife Jessica after she uncovered his secret plan.
1.00 AM **See No Evil**
4.00 **to 6.00** AM **Murder UK**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Caught on Dashcam**
10.00 **Police 24/7** Triple bill.
1.00 PM **Killing Mum and Dad** Martin Ruddy.
2.00 **What the Killer Did Next** Megan Newton.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **World's Most Evil Killers**
10.00 **The Sleepwalker** The case of handyman Randy Herman Jr, who claimed to have committed a murder in his sleep.
11.50 **Britain's Most Evil Killers** Double bill.
2.00 AM **How I Caught the Killer** Sulu Palega.
3.00 **Murder Uncut**
4.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Nixon in the Den**
9.20 **Kissinger** 1&2/2.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **1968: The Year That Changed America**
5.25 **Nixon in the Den** The career of former US President Richard Nixon.
6.25 **Kissinger** 1/2. Exploring the life and career of American politician and diplomat Henry Kissinger, who rose to the topmost echelons of American diplomacy. **8.20** 2/2. How Kissinger's anti-Communist zeal shaped post-war US foreign policy in Vietnam, China, Chile and the Soviet Union.
10.05 **Massacre in Vietnam: My Lai** Barak Goodman investigates the events in My Lai in March 1968.
12.00 M'T **Nixon in the Den**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Saturday

Sky Nature

145 113/114 189 354 369

6.00 AM **Mysteries of Evolution**
7.00 **How the Wild Things Sleep**
8.00 **Super Shark Highway**
11.00 **Kenya Wildlife Diaries**
12.00 NOON **Extraordinary Animals**
1.00 PM **My Best Friend's an Animal**
2.00 **Leopard Dynasty: The Rise of Rana** Documentary.
3.00 **Airborne** Double bill.
5.00 **David Attenborough's Global Adventure** Triple bill.
8.00 **Battle of the Alphas**
9.00 **Super Shark Highway** Tracking a pregnant shark.
10.00 **Living Beach** Australia's Fraser Island – a complex ecosystem built entirely upon sand.
11.00 The man-made dangers to the beaches of California.
12.00 M'T **Battle of the Alphas**
1.00 AM **Super Shark Highway**
2.00 NEW SERIES **Extraordinary Animals** A look at how being disorganised works in the favour of certain animals.
2.30 New edition How being obsessive can be a means of survival for some animals.
3.00 **to 6.00** AM **Supersenses**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
10.00 **WWII's Most Daring Raids**
11.00 **The Great British Dig: History in Your Back Garden**
1.00 PM **Britain's Most Historic Towns** Plymouth's history.
2.00 **Ancient Aliens**
4.00 **Egypt's Unexplained Files**
5.00 **Ramses the Great: King of Ancient Egypt**
6.00 **Bradley Walsh: Egypt's Cosmic Code** Exploring Ancient Egypt's greatest monuments.
7.00 The presenter considers the riddle of the Sphinx.
8.00 Bradley sets out to uncover the mysteries of King Tutankhamun.
9.00 **Ross Kemp: Mafia and Britain** Ross learns how prevalent cocaine is in Colombia.
10.00 **WWII Battles in Colour**
11.00 **Ancient Aliens** Double bill.
1.00 AM **Behind History**
2.00 **Evidence of the Unexplained**
3.00 **WW2 Air Crash Detectives**
5.00 **to 6.00** AM **Footprints of Civilisation**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
1.00 PM **How Do They Do It?**
2.00 **Truth Behind the Moon Landing** Double bill.
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** Making lemon tarts and miniature war figures.
6.30 How ropes are made.
7.00 How the world's smallest car and graphene are made.
7.30 The making of LED tubes.
8.00 **Paranormal Declassified** Paul Beban searches for the truth about sea monsters.
9.00 Investigating shapeshifters known as skinwalkers.
10.00 **Curse of the Bermuda Triangle** Mysteries surrounding the Bermuda Triangle.
11.00 Clues to anomalies that may have ties to Atlantis.
12.00 M'T **In Search of Monsters**
2.00 AM **The Alaska Triangle**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Buried in the Backyard**
6.00 **The Real Murders of Orange County** A young mother is found murdered in her bed.
7.00 A retired Marine captain is shot to death in his home.
8.00 **Killer Grannies** A Florida woman is shot in her vacation rental and the hunt for her killer connects back to a murdered Minnesota farmer.
9.00 **Murder on Trial** Father-of-four Gregory Rice vanished without a trace, and his body is discovered weeks later.
10.00 **Don't Open the Door** A man is gunned down by two men who knock and open fire.
11.00 **Fear Thy Neighbour**
1.00 AM **Sin City Murders**
2.00 **Hometown Tragedy**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Animal Fight Club**
9.00 **Heartland Docs**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Saving the Alps**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City** Simon must face his fear of heights to recapture a black mamba.
6.00 Simon has a close call with a deadly black mamba.
7.00 **Heartland Docs** Ben and Erin tend to a horse and a cow having medical emergencies.
8.00 **Secrets of the Zoo: Tampa** Liliane the giraffe ventures out on habitat with her new family.
9.00 Malaysian tiger Kalu discovers her new habitat.
10.00 **Snow School** Baby walruses and otter pups must learn how to thrive in cold climates with the help of parents and lots of trial and error along the way.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Gravitational waves, which are helping scientists explore the cosmos in new ways.
7.00 New research is beginning to reveal a scaffold of dark matter known as the Cosmic Web, an intergalactic network that transformed the universe.
8.00 The risk to manned space exploration of cosmic rays.
9.00 **Prehistoric** Creatures that once roamed the area now occupied by New York City.
10.00 A look back at how Chicago once played home to towering beasts.
11.00 A look at how dinosaurs once roamed the area now occupied by Washington DC.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Top of the Pops**
12.20 PM **Top of the Pops**
3.40 **Top of the Pops** An edition from May 1990, with performers including Kylie Minogue, Beats International and Adamski.
4.20 An edition from May 1990, featuring Hothouse Flowers, The Pasadenas, Paul Young and Depeche Mode.
5.00 An edition from May 1990, with Beats International, En Vogue and The B-52s.
5.40 **The Two Ronnies** Vintage comedy sketches including News Items, Name Game, The Chars and Band of Slaves.
6.25 Featuring music by Elkie Brooks and sketches including Messrs Barker and Corbett reading their news items.
7.05 Including sketches News Items, Fete Worse than Death, The Chars and Band of Slaves.
7.55 **The Two Ronnies**
3.50 AM **Villages by the Sea**
5.05 **to 6.00** AM **Emma Willis: Delivering Babies**

+1 hour 266 376

ID

154 140 166

8.00 AM **Mean Girl Murders**
10.00 **Killer Unknown**
12.00 NOON **Mother, May I Murder?**
2.00 PM **Murder in the Heartland**
4.00 **Disappeared** Double bill.
6.00 **Faking It: Tears of a Crime** A look at the cases of Shafilea Ahmed and Gordon Wardell.
7.00 The 2016 murder of best-selling author Helen Bailey by her partner Ian Stewart, who had earlier helped volunteers in her search.
8.00 **Obsession: Dark Desires** A woman's relationship with a preacher who was hiding secrets on a biblical scale.
9.00 **Married to Evil** After years of abuse, Cheryl musters the courage to leave her husband.
10.00 **Who the (Bleep) Did I Marry?** Law student Jessika Rovell becomes engaged to a Philadelphia doctor.
11.00 **Love, Honor, Betray**
12.00 M'T **Fatal Affairs**
2.00 AM **A Body in the Basement**
4.00 **to 6.00** AM **Bride Killa**

+1 hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Kindig Customs**
10.00 **FourWheeler**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Sewer Divers**
5.00 PM **Texas Metal** The team finish the work on a 1968 Chevy C10.
6.00 Installing an engine in a 1937 International Harvester.
7.00 The team work on a 1996 International Harvester truck.
8.00 **Garage Squad** A rare 1970 'Cuda convertible that has been sitting for over 10 years.
9.00 The team finish a 1970 Charger as a tribute for a family.
10.00 A 1959 Studebaker.
11.00 **Shed and Buried** Cars, tractors and a rare German scooter located at a Cornish hilltop farm.
11.30 Sheds full of rare bicycles, classic sportsters and pimped-up saloon cars.
12.00 M'T Henry and Sam visit a trials car enthusiast with an eclectic set of sheds.
12.30 AM Henry and Sam visit the Queen's armourer.
1.00 **to 4.00** AM **Kindig Customs**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **Cookster: The Darkest Days** Drama starring Craige Middleburg. (2024, 15, 119min)
9.10 PREMIERE **Reckless** (2025)
10.55 **The Cut** As 3.45am.
12.45 PM **M3GAN 2.0** As 9.45pm.
2.55 **Prisoner of War** As 11.55pm.
4.55 **The Naked Gun** Comedy reboot starring Liam Neeson. (2025, 15, 85min) ★★★★
6.25 **Smurfs** Fantasy comedy featuring the voice of Rihanna. (2025, PG, 89min) ★★

11.55 Prisoner of War

8.00 PREMIERE **Reckless** Action comedy starring Scott Adkins and Vinnie Jones. A former convict on parole must outwit the police to get his share of an old heist. With Dean Gaffney. (2026, 15, 91min)

9.45 **M3GAN 2.0** Sci-fi action thriller sequel starring Allison Williams. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Prisoner of War** Action thriller starring Scott Adkins. (2025, 15, 112min) ★★★
1.55 AM **Xeno** Fantasy starring Lulu Wilson and Omari Hardwick. (2025, 15, 103min) ★★★
3.45 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
5.30 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Buddy Films

303 303 403 503 517

6.50 AM **The Hangover** (2009)
8.35 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
10.20 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
12.05 PM **Just Friends** (2005) ★★
1.45 **Police Academy 3: Back in...**
3.25 **The Naked Gun** Thriller spoof. (1988, 15, 85min) ★★★★
5.00 **Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
6.30 **Naked Gun 33⅓: The Final Insult** Comedy. (1994, 12) ★★★

3.25 The Naked Gun

8.00 **The Naked Gun** Comedy reboot starring Liam Neeson. Following in the footsteps of his father, Frank Drebin Jr must save his police department by cracking a murder case. (2025, 15, 85min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Role Models** Comedy starring Paul Rudd and Seann William Scott. Two irresponsible salesmen are assigned to mentor a couple of troubled kids when they are sentenced to community service. (2008, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
1.10 AM **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★
2.45 **The Breakfast Club** Comedy. (1984, 15, 97min) ★★★★
4.35 **to 6.15** AM **The 4:30 Movie** Comedy drama starring Austin Zajur. (2024, 15, 88min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.10 AM **Escape to Victory** (1981)
8.10 **Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
10.35 **L'immensità** As 12.00m't.
12.15 PM **Boy Meets Boy** As 1.45am.
1.30 **The Shawshank Redemption** Prison drama with Tim Robbins. (1994, 15, 142min) ★★★★★
3.55 **Escape to Victory** World War Two drama starring Sylvester Stallone. (1981, PG, 111min) ★★
5.55 **Valentine's Day** Romantic comedy starring Ashton Kutcher. (2010, 12, 125min) ★★★
8.00 **Lost in Translation** Romantic comedy drama starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
9.50 **Darkest Hour** Period drama starring Gary Oldman, Kristin Scott Thomas and Lily James. (2017, PG, 122min) ★★★
12.00 M'T **L'immensità** Italian drama with Penélope Cruz. Subtitled. (2022, 12, 99min) ★★
1.45 AM **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
3.05 **Jackie** Biopic starring Natalie Portman and Greta Gerwig. (2016, 15, 100min) ★★★★
4.50 **to 6.30** AM **The Damned United** Sports biopic. (2009, 15, 98min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.15 AM **2012** Epic disaster movie. (2009, 12, 158min) ★★★
9.00 **A Quiet Place** Horror with Emily Blunt. (2018, 15, 90min) ★★★★
10.35 **The Matrix** Sci-fi action thriller. (1999, 15, 136min) ★★★★
12.55 PM **The Matrix Reloaded** Sci-fi action thriller sequel. (2003, 15, 137min) ★★★★
3.15 **The Matrix Revolutions** Thriller sequel. (2003, 15, 129min) ★★★
5.30 **The Matrix: Resurrections** Sci-fi action thriller sequel. (2021, 15, 148min) ★★★
8.00 **It** Stephen King chiller starring Bill Skarsgård and Sophia Lillis. (2017, 15, 135min) ★★★★
10.30 **28 Days Later...** Horror thriller starring Cillian Murphy and Naomie Harris. A small group of people struggle to survive when a deadly virus devastates the UK, trapping its victims in a permanent state of murderous rage. (2002, 18, 113min) ★★★★
12.30 AM **MaXXXine** Thriller with Mia Goth. (2024, 18, 110min) ★★★
2.20 **There's Something in the Barn** Horror. (2023, 15, 100min) ★★
4.05 **Lovely, Dark, and Deep** Drama. (2023, 15, 87min) ★★★
5.45 **to 6.25** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.35 AM **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
8.40 **The Next Karate Kid** Drama sequel. (1994, PG, 104min) ★★
10.40 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
12.15 PM **Twist** Crime comedy. (2021, 12, 90min) ★★★★
1.55 **IF** Fantasy. (2024, U) ★★★
3.50 **Stardust** As 11.55pm.
6.00 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★

8.05 Detective Pikachu

8.05 **Pokemon: Detective Pikachu** Fantasy adventure starring Justice Smith and featuring the voice of Ryan Reynolds. A student sets out to find his missing father by teaming up with a wise-cracking Pikachu. (2019, PG, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Breaking Point** Drama starring Karam Singh and Kelvin Clarke. Two estranged adopted brothers attempt to win a breakdancing contest. (2023, 12, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Stardust** Fairytale comedy adventure starring Claire Danes and Charlie Cox. (2007, PG, 127min) ★★★★
2.10 AM **The Karate Kid** Martial arts family drama starring Jaden Smith and Jackie Chan. (2010, PG, 140min) ★★★
4.40 **to 6.30** AM **Blueback** Drama. (2022, PG, 102min) ★★★

Sky Cinema Action

307 307 407 507 521

6.30 AM **Rampage** (2018, 12) ★★★
8.25 **Love Hurts** As 2.55am.
9.55 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★
12.05 PM **The Legend of Tarzan** Adventure. (2016, 12) ★★★
2.00 **Batman** Fantasy adventure. (1989, 15, 121min) ★★★★
4.15 **Jurassic Park III** Thriller sequel. (2001, PG, 92min) ★★★
5.55 **Spider-Man** Adventure. (2002, 12, 121min) ★★★★

5.55 Spider-Man

8.00 **Jurassic World** Action adventure sequel starring Chris Pratt and Bryce Dallas Howard. A safari park for genetically engineered dinosaurs creates a new species – only for it to escape and terrorise the tourists. With Ty Simpkins. (2015, 12, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield. A teenager becomes a vigilante crime-fighter after a bite from a spider gives him special powers. (2012, 12, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12, 142min) ★★★
2.55 **Love Hurts** Action comedy. (2025, 15, 83min) ★★
4.25 **to 6.10** AM **Mortal Kombat – Annihilation** Action fantasy sequel. (1997, 15, 91min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
8.45 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
10.30 **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
12.10 PM **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
2.10 **White Chicks** (2004, 15) ★
4.10 **Instant Family** Comedy. (2018, 12, 118min) ★★★★
6.10 **50 First Dates** Comedy. (2004, 12, 99min) ★★★

8.00 Bridget Jones: Mad About...

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game once again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson and Matthew McConaughey. (2003, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **The Terminal** Steven Spielberg's comedy drama. (2004, 12, 129min) ★★★★
2.15 **Jackass Presents: Bad Grandpa** Road movie comedy. (2013, 15, 92min) ★★★
4.00 **Jackass Presents: Bad Grandpa .5** Comedy sequel starring Johnny Knoxville. (2014, 15, 82min) ★★
5.30 **to 7.05** AM **Kangaroo Jack** Comedy. (2003, PG, 89min) ★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **The China Syndrome** Thriller. (1979, PG) ★★★★
8.55 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
11.05 **The Perfect Storm** Drama. (2000, 12, 129min) ★★★★
1.20 PM **The Hunt for Red October**
3.45 **Three Days of the Condor** Thriller with Robert Redford. (1975, 15, 118min) ★★★★
5.45 **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★

10.15 Pulp Fiction

8.00 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Pulp Fiction** Quentin Tarantino's black crime comedy starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **The Hunt for Red October** Cold War suspense thriller starring Sean Connery, Alec Baldwin and Scott Glenn. (1990, PG, 135min) ★★★★
3.20 **Three Days of the Condor**
5.20 **to 6.00** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Lifeboat** Hitchcock thriller. (1943, b/w, PG, 96min) ★★★★
12.55 PM **Monster House** Animation. (2006, PG, 91min) ★★★★
2.40 **Stormbreaker** Spy adventure. (2006, PG, 93min) ★★★
4.30 **The Personal History of David Copperfield** Adaptation of Dickens' novel. (2019, PG, 115min) ★★★★
6.50 **Fisherman's Friends** Comedy drama. (2019, 12, 112min) ★★★

4.30 The Personal History of...

Fisherman's Friends (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Other Woman** Comedy starring Cameron Diaz, Leslie Mann and Kate Upton. A woman discovers her boyfriend is married, and joins forces with his wife and a third lover to get revenge. With Nicolaj Coster-Waldau. (2014, 12, 107min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Fury** Brian De Palma's horror starring Kirk Douglas and John Cassavetes. The father of a boy with psychic powers tries to rescue his son from a sinister government agency. (1978, 18, 117min) ★★★
1.30 **to 3.45** AM **The Lighthouse** Thriller starring Robert Pattinson and Willem Dafoe. (2019, b/w, 15, 109min) ★★★★

+1 hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema Valentines

302 302 402 502 516

7.20 AM **The Cinema List: Brit Hits**
7.45 **Running on Empty** As 4.25am.
9.25 **Monsoon** As shown at 2.55am.
11.05 **Cicada** Drama starring Matthew Fifer. (2020, 15, 96min) ★★★★
12.55 PM **The Wedding Singer** Offbeat romantic comedy. (1998, 12, 97min) ★★★★
2.45 **The Sweetest Thing** (2002)
4.25 **The Wedding Banquet** Comedy drama. (2025, 15, 103min) ★★★

6.15 **Bridget Jones's Diary** Romantic comedy with Renée Zellweger, Colin Firth and Hugh Grant. (2001, 15, 96min) ★★★★
8.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger. (2004, 15, 108min) ★★★
9.50 **The Sweetest Thing** Comedy starring Cameron Diaz as a lovelorn young woman who embarks on a madcap quest to find the man of her dreams. (2002, 15, 89min) ★

11.25 **Carmen & Lola** Romantic drama. (2018, 18, 120min) ★★★
1.15 AM **Bonus Track** Comedy. (2023, 12, 98min) ★★★
2.55 **Monsoon** Romantic drama. (2019, 12, 85min) ★★★★
4.25 **to 6.10** AM **Running on Empty** Comedy. (2024, 15, 91min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.00 AM **Demolition Man** (1993)
8.00 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
9.55 **Shenandoah** Western. (1965, PG, 101min) ★★★★
11.55 **Jaws** Steven Spielberg's thriller. (1975, 12, 125min) ★★★★★
2.05 PM **Jaws 2** Adventure thriller sequel. (1978, PG, 115min) ★★★
4.05 **Jaws 3** Adventure thriller sequel. (1983, 12, 99min) ★★

5.50 **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
8.00 **The Lost World: Jurassic Park** Steven Spielberg's adventure sequel starring Jeff Goldblum. (1997, PG, 129min) ★★★
10.10 **The Mummy** Action adventure starring Brendan Fraser and Rachel Weisz. In 1920s Egypt, a dashing American, an English librarian and her wastrel brother unwittingly revive an evil high priest. (1999, 15, 124min) ★★★★

12.15 AM **Scarface** Brian De Palma's thriller with Al Pacino, Michelle Pfeiffer and Steven Bauer. (1983, 18, 163min) ★★★★★
3.05 **Demolition Man** Sci-fi action thriller. (1993, 15, 114min) ★★★
5.05 **to 6.35** AM **Hondo** Western. (1953, PG, 84min) ★★★★

Sky Cinema Animation

305 305 412 500 514

7.20 AM **The Ogglies** Animation. (2021, PG, 85min) ★★★
9.00 **Amazing Maurice** Animation. (2022, PG, 93min) ★★★★
10.45 **Mr Peabody & Sherman** Animated comedy adventure. (2014, U, 97min) ★★★★
12.30 PM **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
2.15 **Hotel Transylvania 2** Animated sequel. (2015, U, 89min) ★★★

4.00 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
5.40 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
7.30 **Hotel Transylvania 3: Summer Vacation** Animated comedy sequel with the voice of Adam Sandler. (2018, U, 97min) ★★
9.20 **Madagascar** Animated comedy with the voice of Ben Stiller. (2005, U, 86min) ★★★★
11.00 **Open Season: Scared Silly** Animated comedy sequel. (2015, PG, 84min) ★★★

12.35 AM **Teen Titans Go! to the Movies** Animated adventure. (2018, PG, 84min) ★★★
2.15 **Buffalo Kids** (2024, U) ★★★
3.50 **Piece By Piece** Animation. (2024, PG, 105min) ★★★
5.35 **to 7.20** AM **Fireheart** Animation. (2022, U, 92min) ★★★

Movies 24

312 313 419

7.00 AM **Sweet as Pie** Romantic comedy. (2022, PG, 93min) ★★
9.00 **Love in the Maldives** Romantic drama. (2023, PG, 84min) ★★
11.00 **My Argentine Heart** Romantic comedy. (2025, PG, 84min) ★★
1.00 PM **Hearts in the Game** Comedy. (2023, PG, 84min) ★★
3.00 **A Pinch of Portugal** Romantic drama with Heather Hemmens. (2023, PG, 84min) ★★

5.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
7.00 **Love Served Here** Romantic drama starring Eva Tavares. A chef tries to earn her boss's trust by betting she can turn around the worst restaurant in the city. (2023, PG, 84min) ★★
9.00 **Betty's Bad Luck In Love** Romantic comedy starring Laci J Mailey and Marco Grazzini. (2024, PG, 84min) ★★
11.00 **Haunted Wedding** Fantasy comedy. (2024, PG, 84min) ★★

1.00 AM **Junebug** Fantasy starring Autumn Reeser and Mila Jones. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Food for the Heart** Comedy starring Tara Wilson. (2023, PG, 83min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **What's On TPTV with Noel**
6.10 **Look at Life** Documentary.
6.20 **Brandy for the Parson** (1951)
7.55 **The Black Arrow** 5/6. (S2)
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 55/60. (S2)
9.30 **The Roy Rogers Show** (S4)
10.00 **Stingray** 11/39. (S1)
10.30 **The Adventures of William Tell**
11.00 **The Buccaneers** 9/39. (S1)
11.30 **The Adventures of Robin Hood**

12.00 NOON **Look at Life**
12.10 PM **Target Earth** (1954, PG) ★★
1.45 **Tell Me Another** 5/9. (S1)
2.15 **The Man in the Sky** (1957) ★★
4.00 **Whiplash** 3/34. (S1)
4.30 **The Saint: The Fiction Makers** Thriller. (1968, U, 102min) ★★
6.30 **Scotland Yard** 29/39. (S1)
7.00 **Maigret** 7/13. (S3)
8.00 **A Family at War** 19/20. (S3)
9.00 **When Eight Bells Toll** Thriller. (1971, 15, 94min) ★★
11.05 **The World of Hammer**
12.15 AM **Eurotrash**

12.50 **One Million AC/DC** (1969) ★★
2.10 **Jail Bait** (1954, b/w, PG) ★★
3.40 **How to Undress in Public Without Undue Embarrassment** Comedy. (1965, b/w, 18) ★★
4.40 **The Adventures of Sir Lancelot**
5.10 **Stingray** 6/39. (S1)
5.45 **to 6.00** AM **Look at Life**

Saturday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Men's T20 World Cup** Pakistan v Netherlands. Coverage of the Group A match staged at SSC Cricket Ground in Colombo. *See feature, page 29.*
9.00 LIVE Men's T20 World Cup West Indies v Scotland. Coverage of the Group C match at Eden Gardens in Kolkata. India.
11.00 LIVE EFL Derby County v Ipswich Town. The Championship match from Pride Park. Kick-off **12.31pm**.
3.00 PM **LIVE Men's T20 World Cup** India v USA. Coverage of the Group A match at Wankhede Stadium in Mumbai, India.
5.00 LIVE SNF Newcastle United v Brentford. The Premier League match from St James' Park. Kick-off **5.30pm**.
8.30 LIVE PGA Tour Golf Coverage of day three of the WM Phoenix Open at TPC Scottsdale, Arizona.
11.30 Sky Sports Catch Up
5.00 to 6.00 AM **LIVE Men's T20 World Cup** New Zealand v Afghanistan. Coverage of the Group D match at MA Chidambaram Stadium.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 Premier League Highlights
7.30 The Big Interview
8.00 Premier League Stories
8.30 Transfer 360
9.30 Premier League Highlights
10.00 Saturday Social
11.00 Premier League One on One
11.30 LIVE WSL Leicester City v Manchester United. The women's top-flight match from the King Power Stadium. Kick-off **12.00noon**.
2.30 PM **Gillette Soccer Saturday: Build-Up** Pre-match analysis.
3.00 Gillette Labs Soccer Saturday
5.00 LIVE SNF Newcastle United v Brentford. Coverage of the Premier League encounter staged at St James' Park. Both these teams are challenging for European places for next season, but it was Brentford who took the honours at Gtech Community Stadium in November. Kick-off **5.30pm**.
8.30 Game of the Day
10.30 Premier League Highlights Bournemouth v Aston Villa.
11.00 Premier League Highlights
4.30 to 6.00 AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
6.30 Old Firm Derby Best Goals
7.00 Edinburgh Derby Best Goals
7.30 Craig Brown: My Scotland
8.00 There's Only One Sauzee
8.30 EFL Cup Highlights
9.30 EFL Highlights
10.00 Saturday Social
11.00 LIVE EFL Derby County v Ipswich Town. Coverage of the Championship encounter staged at Pride Park. August's reverse fixture saw the teams share the spoils in a 2-2 draw. Kick-off **12.31pm**.
3.00 PM **Gillette Soccer Saturday**
5.00 Gillette Soccer Saturday: Reaction Post-match analysis.
5.20 LIVE Bundesliga Borussia Moenchengladbach v Bayer Leverkusen. Coverage of the German top-flight match at Borussia Park. Kick-off **5.30pm**.
7.30 EFL Derby County v Ipswich Town.
9.30 WSL Leicester City v Man United.
10.00 EFL Highlights Derby County v Ipswich Town held at Pride Park. **10.15** Norwich v Blackburn.
10.30 EFL Highlights Championship.
2.00 AM **EFL Greatest Games**
4.00 to 6.00 AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Men's T20 World Cup** Pakistan v Netherlands. The Group A match at SSC Cricket Ground. *See feature, page 29.*
9.00 LIVE Men's T20 World Cup West Indies v Scotland. Coverage of the Group C match at Eden Gardens in Kolkata. India.
1.00 PM **LIVE Men's T20 World Cup** India v USA. Coverage of the Group A match staged at Wankhede Stadium in Mumbai. The hosts won this tournament when it was last held in 2024 and actually faced today's opponents on American soil at this stage of that competition, with India claiming a seven-wicket triumph.
5.00 Best of England v South Africa
5.15 Best of ICC WT20
6.00 Men's T20 World Cup
7.30 T20 World Cup Final 2024
8.30 Men's T20 World Cup India v USA held at Wankhede Stadium. **9.00** Pakistan v Netherlands.
9.30 Men's T20 World Cup
5.00 to 6.00 AM **LIVE Men's T20 World Cup** New Zealand v Afghanistan. Coverage of the Group D match from MA Chidambaram Stadium.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
9.00 LIVE Golf Coverage of the fourth and final day of the African Amateur Championship at Royal Johannesburg in South Africa.
9.30 LIVE DP World Tour Golf Coverage of day three of the Qatar Masters at Doha Golf Club. China's Li Haotong won last year's event by one stroke ahead of Denmark's Rasmus Neergaard-Petersen.
2.00 PM **PGA Tour Year in Review**
3.00 TGL Atlanta Drive v Jupiter Links.
5.00 LIVE PGA Tour Golf Coverage of day three of the WM Phoenix Open held at TPC Scottsdale in Arizona. Belgium's Thomas Detry won this event last year as he finished seven strokes of nearest competitors Daniel Berger and Michael Kim to finish 24 under par.
11.30 HotelPlanner Tour Golf
12.00 M'T **LPGA Tour Golf**
2.00 AM **The Open: Official Films**
3.00 PGA Tour Golf Phoenix Open.
5.00 to 6.00 AM **Nick Dougherty's Winter Tee Time Tips 2022**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
10.00 WTA Tennis Doha Open review.
10.30 ATP Tour This Week
11.00 WTA & ATP Tennis
1.00 PM **LIVE WTA Tennis** Coverage of the WTA Abu Dhabi Open final on day seven of the hard-court tournament held at Zayed Sports City International Tennis Centre.
3.00 LIVE WTA & ATP Tennis Coverage of the Tours, including the WTA Ostrava Open, WTA Cluj Open, and ATP Montpellier Open.
6.00 ATP Tour This Week
6.30 WTA Tennis Doha Open review.
7.00 WTA Tennis Highlights from the Abu Dhabi Open final. **9.00** The Cluj Open final. **11.00** The Ostrava Open final.
1.00 AM **ATP/WTA Tour Classic Matches** Swiatek v Sabalenka.
2.00 to 6.00 AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Isuzu UTE A-League** Brisbane Roar v Central Coast Mariners. The Australian top-flight match from Suncorp Stadium in Brisbane. Kick-off **6.00am**.
8.00 Premier League Preview
8.30 LIVE Isuzu UTE A-League Western Sydney Wanderers v Melbourne City. The Australian top-flight match from CommBank Stadium. Kick-off **8.35am**.
10.30 Premier League Preview
11.00 LIVE Premier League Manchester United v Tottenham Hotspur. Coverage of the top-flight match from Old Trafford. Kick-off **12.30pm**.
3.00 PM **Xtra Time** Analysis.
3.15 LIVE LIV Golf Coverage from the fourth and final day of the first round of the season staged at Riyadh Golf Club in Saudi Arabia.
8.30 Cycling Event highlights.
10.30 Premier League
12.00 M'T **LIVE UFC** Preliminary bouts.
2.00 AM **LIVE UFC** Mario Bautista v Vinicius Oliveira. The bantamweight bout from UFC Apex in Las Vegas.
5.30 to 6.00 AM **TNT Sports Reload**

TNT Sports 2

411 414 522 409 431

6.00 AM **Winter Olympic Games**
7.00 Livigno: Beyond the Snow
8.00 Buongiorno Milano
9.00 LIVE Winter Olympic Games – Curling Great Britain v Canada. Mixed doubles. *See feature, page 26.* **10.00 Alpine Skiing** Coverage of the men's downhill in Bormio. **12.45** PM **Cross Country Skiing** Coverage of the women's 10km and the 10km skiathlon. **1.30 Curling** Great Britain v USA. Coverage of the mixed doubles match. **3.45 Luge** Coverage of the first run of the men's singles event. **4.45** The opening day in Italy. **5.30 Luge** Coverage from the second run of the men's singles. **6.15 Snowboarding** The final of the men's snowboard big air. **7.45 Figure Skating** Coverage from day two of the team event. **8.15** The opening day in Italy. **9.15 Figure Skating** Coverage from day two of the team event.
10.30 Ciao Cortina The latest news.
11.00 Winter Olympic Games
2.00 AM **Ciao Cortina**
2.30 to 6.00 AM **Ciao Cortina**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl LV Highlights**
8.00 NFL: America's Game
9.00 NFL Highlights
10.00 NFL Bitesize Highlights
11.00 NFL Highlights Seattle Seahawks v San Francisco 49ers.
12.00 NOON **NFL: America's Game**
1.00 PM **The NFL Honours** Coverage from the annual ceremony.
3.00 Super Bowl Daily
4.00 Super Bowl LIX Highlights Kansas City Chiefs v Philadelphia Eagles from Caesars Superdome in New Orleans, Louisiana.
5.00 Super Bowl Daily
7.00 NFL: America's Game The story of New England Patriots's 2014 Super Bowl success, which saw them defeat Seattle Seahawks at University of Phoenix Stadium.
8.00 Super Bowl LIX Highlights Kansas City Chiefs v Philadelphia Eagles in New Orleans, Louisiana.
9.00 Super Bowl Live A sixth round of interviews with people involved in the NFL's showpiece match.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Super Bowl LVIII Highlights** San Francisco 49ers v Kansas City Chiefs in the 2023/24 season at Allegiant Stadium.
3.00 to 6.00 AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
6.30 LIVE NRL Canterbury-Bankstown Bulldogs v North Queensland Cowboys. Coverage of the pre-season match from Jubilee Oval in Sydney. Kick-off **6.30am**.
8.30 LIVE NRL St George Illawarra Dragons v Newcastle Knights. Coverage of the pre-season match at Jubilee Oval in Sydney. Kick-off **8.30am**.
10.30 Soccer Saturday Pre-Match
11.00 EFL Build-Up
12.25 PM **LIVE EFL** Southampton v Watford. Coverage of the Championship encounter staged at St Mary's Stadium. Kick-off **12.30pm**.
3.00 LIVE WTA & ATP Tennis Coverage from the latest events on the WTA and ATP Tours.
6.00 Gillette Soccer Saturday
8.00 Match Centre
8.30 LIVE NBA Basketball Oklahoma City Thunder v Houston Texans. Coverage of the Western Conference match from Paycom Center. Tip-off **8.30pm**.
11.00 Sky Sports Catch Up
1.00 to 6.00 AM **PGA Tour Golf**

Sky Sports Mix

416 412 510 429 449

6.00 AM **WPL** Tournament highlights.
8.00 ATP/WTA Tour Classics
9.00 LIVE Golf Coverage of the fourth and final day of the African Amateur Championship at Royal Johannesburg in South Africa.
12.00 NOON **Premier League Darts** A chance to see the opening night of the season in Newcastle.
4.00 PM **Super Bowl LV Highlights**
6.00 WPL The eliminator match. **7.00** Action from the final.
8.00 PGA Tour Golf The 2018 Waste Management Phoenix Open. **9.00** All four days of the 2019 Waste Management Phoenix Open.
10.00 Super Bowl LV Highlights Tampa Bay Buccaneers v Kansas City Chiefs in the 2020/21 season.
12.00 M'T **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Snooker World Grand Prix** The semi-finals.
8.00 Women's Cycling Highlights.
9.00 LIVE Winter Olympic Games – Curling Great Britain v Canada. Mixed doubles. *See feature, page 26.*
11.00 LIVE Cycling The third stage of the women's UAE Tour.
12.45 PM **LIVE Cyclocross** Women's superprestige in Middelkerke.
1.45 TNT Sports Reload
2.00 The Breakdown
2.30 LIVE LIV Golf Coverage from the fourth and final day of the first round of the season from Riyadh.
8.30 Cyclocross From Middelkerke.
9.30 Fishing: On the Bank
10.30 PREM Rugby Cup
11.30 Fishing: On the Bank
12.30 AM **LIV Golf** From Riyadh.
2.00 Isuzu UTE A-League
5.00 to 6.00 AM **LIVE Snooker World Grand Prix** Coverage of the first session of the final.

TNT Sports 4

414 416 524 411 434

6.00 AM **LIVE A-League Women** Melbourne Victory v Newcastle Jets. Kick-off is at **6.00am**.
8.00 FA Cup: The People's Story
9.00 UIM F1H2O World Championship Highlights
9.30 LIVE Winter Olympic Games – Freestyle Skiing Qualifying for the women's freeski slopestyle. **11.30 Ice Hockey** Germany v Japan. The women's preliminary round Group B match. **1.00** PM **Freestyle Skiing** Qualifying for the men's slopestyle. **3.00 Speed Skating** Coverage from the women's 3,000m. **4.45 Ski Jumping** The women's normal hill individual event. **8.00 Ice Hockey** Switzerland v Canada. Women's preliminary round Group A match.
10.45 Training Day MLB action.
11.00 Isuzu UTE A-League
2.00 AM **Cycling** Highlights.
5.00 to 6.00 AM **Fishing**

Premier Sports 1

419 551

6.00 AM **Asian Le Mans Series**
7.00 LaLiga Celta Vigo v Osasuna.
9.00 Africa Eco Race
9.30 Rugby Union Highlights
1.30 PM **LIVE Guinness Six Nations** Italy v Scotland. From Stadio Olimpico, Rome. Kick-off **2.10pm**.
4.30 Football's Greatest
5.00 LIVE Scottish Cup Football Celtic v Dundee. Coverage of the fifth-round tie. Kick-off **5.30pm**.
8.00 LIVE Scottish Cup Football Aberdeen v Motherwell. The fifth-round tie, joining the action 30 minutes after kick-off.
10.00 LaLiga Match Highlights
10.25 Argentine Primera Highlights
10.55 LIVE Argentine Primera Division River Plate v Tigre. From Estadio Más Monumental Stadium. Kick-off **11.00pm**.
1.00 AM **Temples of Sport**
1.30 Argentine Primera
3.30 Sporting Countdowns
4.00 to 6.00 AM **LaLiga**

Premier Sports 2

420 552

6.00 AM **Temples of Sport**
7.00 NHL Ice Hockey
10.30 Football Highlights and features.
12.55 PM **LIVE LaLiga** Rayo Vallecano v Real Oviedo. Coverage from Campo de Fútbol de Vallecas. Kick-off **1.00pm**.
3.00 Football's Greatest
3.30 Bike World Magazine.
4.00 NHL Tonight Season review.
5.00 Eredivisie PSV v Feyenoord.
7.00 LIVE Scottish Cup Football Aberdeen v Motherwell. Coverage of the fifth-round tie from Pittodrie. Kick-off **7.30pm**.
10.00 Football's Greatest
10.30 LaLiga Match Highlights
10.55 LIVE Argentine Primera Division River Plate v Tigre. Fom Estadio Más Monumental Stadium. Kick-off **11.00pm**.
1.00 AM **Football's Greatest**
1.30 LaLiga Sevilla v Girona.
3.30 Scottish Cup Football
5.30 to 6.00 AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 Formula 1 German Grand Prix.
10.30 F1 Classic Races A look back at the 2011 Canadian Grand Prix. **1.30** PM Another chance to see the 2008 British Grand Prix.
3.45 F1 Classic Races A replay of the 1998 Belgian Grand Prix. **6.15** Another chance to see the 2012 Brazilian Grand Prix.
8.30 Formula 1 Italian Grand Prix.
10.30 F1 Classic Races A look back at the 1996 Spanish Grand Prix. **11.15** A chance to see the 1985 Portuguese Grand Prix.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

8 February

Evening Planner

Winter Sports

Winter Olympics
BBC1/2, TNT Sports, Discovery+, from 9am
Medal events today include the luge men's singles, with world champion Max Langenhan of Germany a favourite.

Drama

Lord of the Flies
BBC1, 9pm (box set, BBC iPlayer)
A group of schoolboys are stranded on an exotic island after a plane crash, in this adaptation of the William Golding novel.

Thriller

Betrayal
ITV1, 9pm (box set, ITVX)
Zahra Ahmadi (above) and Shaun Evans star in this espionage thriller, as agents investigating a threat to national security.

American Football

Super Bowl LX
5, Sky Showcase & Sky Sports, kick-off 11.30pm
Seattle Seahawks take on New England Patriots at the 49ers' Levi's Stadium.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Call the Midwife		9.00 Lord of the Flies		10.00 News	10.30 Match of the...
	102 BBC2	◂ 6.00 Winter Olympics – Live: Concluding coverage of day two						10.00 Film: Emily	
	103 ITV1	7.00 The Floor		8.00 Ant & Dec's Limitless Win		9.00 Betrayal		10.15 Film: Ghost	
	104 CHANNEL 4	◂ 6.50 The Dog House	7.50 The Great Pottery Throw Down			9.00 Secret Genius		10.00 Gogglebox	
	105 5	◂ 6.30 Britain's Worst Weather Disasters		8.00 22 Kids & Counting		9.00 Rich House, Poor House			10.30 NFL Super...
	106 SKY SHOWCASE	◂ 6.15 Film: Apollo 11		8.00 A League of Their Own: The Rally		9.00 Evil		10.00 Super Bowl LX – Live	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 RuPaul's Drag Race UK vs the World			10.10 The Traitors Ireland
	116 BBC4	7.00 The Pembrokeshire Coast: A Wild Year		8.00 Eurovision Classical Concerts			9.40 City...	10.00 Trevor Eve...	10.30 A Doll's House
	118 ITV2	◂ 6.50 Film: Dirty Dancing				9.00 Love Island: All Stars			10.05 Olivia Attwood: Getting Filthy Rich
	136 MORE4	◂ 6.50 Four in a Bed	7.55 The Dog House			9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Meet the Fockers			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 Elsbeth	
	108 SKY ATLANTIC	◂ 6.40 Game of Thrones				9.00 A Knight of the Seven...	9.40 Task		
	110 U&GOLD		7.10 Only Fools and Horses		8.20 Dad's Army	9.00 Only Fools and Horses			
	111 U&DAVE	◂ 6.40 Mortimer & Whitehouse: Gone...		8.00 Guy Martin: Proper Jobs		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	◂ 6.05 Agatha Christie's Marple		8.00 Midsomer Murders				10.00 Vera	
	120 ITV4	◂ 6.40 Film: You Only Live Twice				9.00 Film: Under Siege			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Hancock			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	113 SKY MAX	7.00 Fear the Walking Dead				9.00 Evil		10.00 A League of Their Own	
	109 U&ALIBI	7.00 Murdoch Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Film: Sherlock Holmes and the Secret Weapon			8.20 Film: Barefoot in the Park				10.20 Gene Kelly: An...
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Moonshiners		8.00 Alaska: Homestead Rescue		9.00 Barnwood Builders		10.00 Wheeler Dealers	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 Alaskan Bush People: Bushcraft...		10.00 Tanked	
	129 NAT GEO	7.00 Lost Treasures of Rome		8.00 Gladiators: Warriors of the Ancient...		9.00 Colosseum: Rise and Fall		10.00 Kingdom of the Mummies	
	123 SKY HISTORY	7.00 Egypt's Unexplained Files				9.00 Bradley Walsh: Egypt's Cosmic Code			
	155 U&YESTERDAY	◂ 6.10 Russia with...	7.35 Robson Green's Weekend Escapes			9.00 Flipping Bangers		10.00 Bangers & Cash	
	121 SKY DOCS	◂ 6.50 Super/Man: The Christopher Reeve Story				9.00 God Bless Ozzy Osbourne			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.20 Neighborhood Watch		8.00 M3GAN 2.0					10.10 Reckless
	302 VALENTINES	◂ 5.55 Bridget Jones's Baby		8.00 Bridget Jones: Mad About the Boy					10.10 A Nice Indian Boy
	303 BUDDY FILMS	◂ 6.00 American Pie 2		8.00 American Pie: The Wedding			9.45 American Reunion		
	304 GREATS	◂ 6.20 Police Academy		8.00 Police Academy 2: Their First Assignment			9.30 Police Academy 3: Back in Training		
	305 ANIMATION	◂ 5.50 The Garfield Movie	7.40 Happy Feet				9.40 Happy Feet Two		
	306 FAMILY	◂ 6.00 Karate Kid: Legends	7.50 The Wizard of Oz				9.40 Blueback		
	307 ACTION	◂ 5.50 Spider-Man 2		8.00 Birds Of Prey And The Fantabulous Emancipation Of One Harley Quinn					10.05 The Italian Job
	308 COMEDY	◂ 6.10 Ted		8.00 Ted 2				10.00 Daddy's Home 2	
	309 THRILLER	◂ 6.15 Eye in the Sky		8.00 RocknRolla					10.05 Fatal Attraction
	310 DRAMA	◂ 5.45 It Ends with Us		8.00 Erin Brockovich					10.15 Joker: Folie à Deux
	311 SCI-FI	◂ 6.00 Riddick		8.00 28 Years Later...				10.00 Lovely, Dark, and Deep	
	313 FILM4	◂ 6.35 Oblivion				9.00 Kingsman: The Golden Circle			
SPORT	401 MAIN EVENT	◂ 4.00 Super Sunday – Live (Kick-off 4.30)		8.00 PGA Tour Golf – Live: The WM Phoenix Open				10.00 Super Bowl LX – Live	
	402 PREMIER LEAGUE	◂ 4.00 Super Sunday – Live (Kick-off 4.30)		8.00 Big Interview	8.30 FNF	9.00 PL Highlights	9.30 SNF	10.00 Premier League Highlights	
	403 FOOTBALL	7.00 EFL Goals		8.00 EFL				10.00 WSL	10.30 EFL Highlights
	405 CRICKET	◂ 6.00 ICC Men's T20 World Cup						10.00 Best of...	10.30 ICC Men's T20...
	410 TNT SPORTS 1	◂ 6.30 Isuzu UTE...	7.30 Serie A – Live: Juventus v Lazio (Kick-off 7.45)				9.45 UFC		
	411 TNT SPORTS 2	◂ 6.30 Winter Olympic Games – Live: Coverage of Snowboarding and Figure Skating at 8.45							10.30 Ciao Cortina

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Sunday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
7.30 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Songs of Praise** New edition (S)
12.05 PM **BBC News** (S)
12.20 LIVE **Winter Olympics** Further coverage of day two of the 25th staging of the Games, with events coming from Milan and Cortina d'Ampezzo in Italy. The men's and women's snowboarding parallel slalom finals take place at Livigno Snow Park. *Coverage continues on BBC2.* (S)
4.35 **Gladiators** 4/11. Cyclone scales the heights of Everest, and Legend rewrites the script. (S)(R)(AD)
5.35 **BBC News** (S)
5.50 **Local News** (S)

8.00 Call the Midwife

6 PM
6.00 **Countryfile** New edition Joe Crowley and Anita Rani explore Northern Ireland's Strangford Lough, uncovering the species, traditions and legends that thrive in this remarkable refuge. (S)

7 PM
7.00 **Antiques Roadshow** Fiona Bruce presents from Thirlestane Castle in the Scottish Borders, where items include medals awarded to one of the airmen involved in the Dambusters raid. (S)(R)

8 PM
8.00 **Call the Midwife** New episode 5/8. A woman purchases food for a family celebration from Violet, but that night, everyone in attendance is struck mysteriously ill. (S15) (S)(AD)

9 PM
9.00 NEW SERIES **Lord of the Flies** *Piggy:* 1/4. Adaptation of William Golding's classic novel, starring Winston Sawyers. *See feature, page 4.* (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day** Today's Premier League highlights, featuring Liverpool v Manchester City and Brighton & Hove Albion v Crystal Palace. (S)
11.25 **Rugby Union: Six Nations** A round-up of action from the opening round of matches. (S)
12.25 AM **The Women's Football Show** Highlights of the weekend's matches in the Super League. (S)
1.15 **The Graham Norton Show** With Margot Robbie, Jacob Elordi, Ryan Coogler and Amanda Seyfried. Plus, music from Jacob Alon. (S)(R)
2.05 **Weather for the Week Ahead** (S)
2.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.05 AM FILM **Marcel the Shell with Shoes On** Animated comedy. (S) (2021, PG, 85min) ★★★★
7.30 **Breakfast** (S)
9.00 LIVE **Winter Olympics** Hazel Irvine presents coverage of day two of the 25th staging of the Games, with events coming from Milan and Cortina d'Ampezzo in Italy. *Coverage continues on BBC1.* (S)
12.20 PM **Bargain Hunt** (S)(R)(AD)
1.15 **Digging for Britain** (S)(R)(AD)
2.15 LIVE **Match of the Day: Women's Super League** Tottenham Hotspur v Chelsea: The top-flight match from Tottenham Hotspur Stadium. Kick-off is at 2.25. (S)
4.35 LIVE **Winter Olympics** Jeanette Kwakye presents further coverage of day two, including the conclusion of the men's singles luge. (S)

6.00 Winter Olympics

6.00 LIVE **Winter Olympics** Clare Balding presents the concluding coverage of day two of the 25th staging of the Games, featuring all the key events in Italy. Team GB's mixed doubles curlers Bruce Mouat and Jennifer Dodds end their round-robin matches with a big clash against home favourites and reigning Olympic champions Italy at Cortina Curling Olympic Stadium. There is also British interest in snowboarding this evening, with two-time World Cup-winning teenager Mia Brookes going in the women's big air qualification at Livigno Snow Park. Plus, the team figure skating competition reaches its conclusion at Milano Ice Skating Arena, with the USA the favourites to prevail. (S)

10.00 FILM **Emily** Drama starring Emma Mackey and Oliver Jackson-Cohen. A story of the imagined life of Emily Brontë and her relationship with a parish curate. With Adrian Dunbar. (S) (2022, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.00 M'T FILM **Past Lives** Romantic drama starring Teo Yoo and John Magaro. Twenty years after they were separated, two childhood friends reunite for a week of reminiscence. Partly subtitled. (2023, 12, 100min) ★★★★★
1.40 AM **Sign Zone: Industry** (S)(R)(AD)
2.40 **Sign Zone: Silent Witness** (S)(R)
3.40 **Sign Zone: Global Eye** (S)(R)
4.10 **to 6.20** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **James Martin's Saturday Morning** With Peter Andre. (S)(R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.30 NEW SERIES **Fletchers' Family Farm** Liz and Kelvin Fletcher make plans to double the size of their flock and herd. (S)(AD)
12.30 PM **Talking Royals** New edition (S)
1.00 **ITV News** (S)
1.15 FILM **Shrek Forever After** Animated comedy sequel. (S)(AD) (2010, U, 105min) ★★★★
3.00 **Millionaire Hot Seat** Quiz. (S)(R)
3.30 **Tipping Point: Lucky Stars** (S)(R)
4.30 **The Chase Celebrity Special** (S)(R)
5.30 **ITV News** (S)
5.45 **Local News** (S)

8.00 Ant & Dec's Limitless Win

6.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are about logic and common sense, with 100 contestants having a chance of winning up to £100,000. (S)(R)(AD)
7.00 **The Floor** New edition The competition is heating up with just 41 players left as Rob Brydon hosts another tense round of quiz duels, with each win expanding a player's territory. (S)(AD)
8.00 **Ant & Dec's Limitless Win** New edition Tegan and Paul take on the Limitless Ladder with the goals of an early retirement for Paul, a new house for Tegan and treats for the whole family. (S)(AD)
9.00 NEW SERIES **Betrayal** *Piles:* 1/4. Spy thriller starring Shaun Evans. An informant with intel about a threat to national security is killed. *See feature, page 6.* (S1) (S)(AD)
■ Continues tomorrow
10.00 **ITV News** (S)
10.15 FILM **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Tony Goldwyn and Whoopi Goldberg. (S)(AD) (1990, 12, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.30 AM **Teleshopping**
3.00 **Prue Leith's Cotswold Kitchen** Prue is joined in her kitchen by food critic Jimi Famurewa. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fletchers' Family Farm** (S)(SL)(R)(AD)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

5.55 AM **The King of Queens** (S)(R)(AD)
7.35 **Everybody Loves Raymond** (S)(R)
9.00 **Frasier** 7&8/24. (S1) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Shazad Latif, Stevie Martin, Michaela Strachan, Archie Madekwe and Vanessa Williams. Plus, music from James. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.20 **A Place in the Sun** (S)(R)
3.20 **George Clarke's Amazing Spaces** A family create a dystopian-themed glamping site. (S)(R)(AD)
4.25 **Sandi's Great British Woodland Restoration** 1/3. Sandi Toksvig and her wife Debbie restore their own patch of ancient woodland. (S)(R)
5.25 **Devon and Cornwall** The head gardener at Cornwall's Lost Gardens of Heligan sows a crop of meadow flowers. (S)(R)(AD)

9.00 Secret Genius

6.20 **News** (S)
6.50 **The Dog House** 1/4. Staff at Woodgreen Pets Charity make efforts to find homes for a one-year-old French bulldog and a battle-scarred cane corso. (S)(R)(AD)
7.50 **The Great Pottery Throw Down** New edition 6/10. Everyone's feeling peckish in the pottery as the seven remaining potters make terracotta tagines. Guest judge Gabriel Nichols sets a big throw as the second challenge. Hosted by Siobhán McSweeney, with judges Keith Brymer Jones and Rich Miller. (S)(AD)
9.00 **Secret Genius** New edition 3/6. The next 12 contestants face challenges based on the games Mensa use to measure IQ, including a code-breaking task. (S)(AD)
10.00 **Gogglebox** The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(R)(AD)
11.00 **Gogglebox** (S)(R)(AD)
12.05 AM FILM **The 355** Action thriller starring Jessica Chastain. (S)(AD) (2022, 12, 120min) ★★★
2.05 **The Simpsons** (S)(R)(AD)
2.55 **Couples Come Dine with Me** (R)
3.45 **Sunday Brunch Best Bits** (S)(R)
4.00 **Location, Location, Location** (R)
4.55 **Kirstie and Phil's Love It or List It** From West Sussex. (S)(SL)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Bargain-Loving Brits in the Sun** Double bill. (S)(R)
11.05 **Majorca: A Year in the Sun** Double bill of editions. (S)(R)
1.00 PM **Cruising with Jane McDonald** Double bill. (S)(R)
3.00 **Inside the Tower of London** Cameras follow the moat's transformation into a vast floral installation. (S)(R) **4.00** Historic Royal Palaces chief curator Tracy Borman investigates the bridges that connect the Tower to the south side of the Thames. (S)(R)
4.55 **The Blitz with Rob Rinder & Ruth Goodman** How the Blitz was experienced by those from different backgrounds. (S)(R)

10.30 NFL: Super Bowl LX

6.25 **News** (S)
6.30 **Britain's Worst Weather Disasters** Series finale 2/2. The concluding part of the documentary looks back at the catastrophic floods of 1953 that claimed hundreds of lives and reshaped Britain's coastline, and the devastating West Country floods of 2007. (S)

8.00 **22 Kids & Counting** New edition Josh is about to turn 18, but alarm bells begin to ring for Noel and Sue when he shows no interest in celebrating such an important milestone. (S)

9.00 NEW SERIES **Rich House, Poor House** Business advice centre owners swap lives with a parcel courier and a care-worker, who struggle financially but dream of running their own businesses one day. (S)

10.30 LIVE **NFL: Super Bowl LX** Seattle Seahawks v New England Patriots: Dermot O'Leary, Sam Quek, and Osi Umenyiora present coverage of the showpiece NFL match at Levi's Stadium in Santa Clara. Kick-off is at 11.30. *See feature, page 27.* (S)

3.00 AM **Susan Calman's Grand Week by the Sea** (S)(R)
3.50 **World's Most Scenic Railway Journeys** (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Stop, Search, Seize** (S)(R)
9.00 **The Office (US)** (S2) (S)(R)
11.00 LIVE **Football: WSL** Arsenal v Manchester City: The top-flight encounter from the Emirates Stadium. Kick-off is at 12.00.
2.30 PM **The Simpsons** Five episodes, including at: **3.50** *Saturdays of Thunder:* Homer attempts to be a better father by helping Bart build a go-kart. (S)(R) **4.15** *Flaming Moe's:* Homer invents a new drink. (S)(R)
4.45 **Micro Monsters with David Attenborough** The mating habits of bugs. (S)(R)(AD) **5.15** Bugs that prefer co-operation to conflict. (S)(R)(AD) **5.45** A close-up examination of insect colonies. (S)(R)(AD)

6.15 Apollo 11

6.15 FILM **Apollo 11** Documentary made to mark the 50th anniversary of the Moon landings, presenting the story of the iconic space mission through a newly discovered trove of 70mm archive footage and still photographs and drawing on thousands of hours of audio recordings. (S)(AD) (2019, U, 93min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 **A League of Their Own: The Rally** 1/3. Jamie Redknapp, Micah Richards, Jill Scott and Tom Davis compete in a rally, making their way in pairs from London to Turin. (S)(R)(AD)

9.00 **Evil** *Room 320:* 11/13. After David is badly wounded, he is determined to fight off the menacing presence of death from his hospital bed. (S)(R)

10.00 **Evil** *Justice x 2:* 12/13. Leland tries to get Orson Leroux's conviction overturned, while Kristen is in court when her daughter needs emergency heart surgery. (S1) (S)(R)

11.00 LIVE **NFL: Super Bowl LX** Seattle Seahawks v New England Patriots: Coverage of the showpiece NFL match from Levi's Stadium in Santa Clara, California. Kick-off is at 11.30. *See feature, page 27.*
4.00 **to 6.00** AM **Nothing to Declare** Four editions of the series following the work of customs officers in Australia. (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **4.35pm** Back in the Day (S)(R) **5.05-5.35pm** Bear Grylls: Wild Reckoning New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm NEW SERIES Cumasc: Seisiúin sa Black Gate (S) **10.30** Cumasc: Seisiúin sa Black Gate New edition **11.00** Sunday Politics (S)(R) **11.30** FILM Emily (S) (2022, 15, 125min) ★★★★ **1.35-1.40am** Chronicles of the Sperrins (S)(R)

WALES
Sky 968, Freesat 968
1.15pm SOS: Extreme Rescues (S)(R) **1.45-2.15pm** The Real Strictly Come Dancing: Access All Areas (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Gronyn Gobaith: Cymry Cern **10.00** Cynefin **11.00** Sain Ffagan **11.30** Dechrau Canu Dechrau Canmol **12.00noon** Cartrefi Cymru **1.00pm** Y Deis **1.30** Y Fets (AD) **2.00** Dim Cwsg i Quinnell (AD) **2.30** Adeiladu'r Freuddwyd: Camp Out West **3.00** Antur y Gorllewin **3.55** Ffermio **4.25** Clwb Rygbi Rhyngwladol **6.10** Pobol y Cwm Omnibws (AD) **7.15** Newyddion a Chwaraeon **7.30** Dechrau Canu Dechrau Canmol New edition **8.00** Seren Jones: Yn Fyw yn y Dwr **9.00** Dal y Mellt Series finale (AD) **10.00** Mari Grug: Un Dydd ar y Tro **11.00-11.50pm** 24 Awr Newidiodd Gymru

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Vicki is faced with a big decision. **7.30** Ross seeks the truth, and Honey spills a secret. **8.00** Barney stumbles upon shocking information. **8.30** Priya and Ravi make a move to protect Nugget.
9.00 **RuPaul's Drag Race UK vs the World** 2/8. The queens breathe new life into old looks in the Runway Ru-Mix, and RuPaul teases a brand new twist that comes with game-changing powers.
10.10 **The Traitors Ireland** 5/12. An explosive argument leaves the players reeling, and threatens to have an impact on the round table. **11.00** 6/12. As the game intensifies at Slane Castle, a shocking turn of events ends in confusion for the players.
11.55 **Sin City: The Real Las Vegas** 1&2/2. The realities behind modern Las Vegas.
1.25 AM **Top Gear**
2.25 **Things You Should Have Done** 5/6. (S2)
2.55 **to 3.55** AM **Dinosaur**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **The Pembrokeshire Coast: A Wild Year** Twelve months of life in south-west Wales.
8.00 NEW **Eurovision Classical Concerts** The BBC Philharmonic plays Tchaikovsky's *Swan Lake Suite*, as well as works by John Adams, Vaughan Williams, Adès and Anna Clyne.
9.40 **City Scapes: Berlin** The redevelopment of the German capital after the fall of the Berlin Wall.
10.00 NEW **Trevor Eve, Juliet Stevenson & David Thacker Remember... A Doll's House** The stars and director reflect on the adaptation of Ibsen's play.
10.30 **A Doll's House** A 1992 adaptation of Henrik Ibsen's play, starring Juliet Stevenson and Trevor Eve.
12.45 AM **All the World's a Stage – The Master Builders**
1.45 **Sound Waves: The Symphony of Physics**
2.45 **to 3.45** AM **The Pembrokeshire Coast...**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
12.30 PM **Come Dine with Me**
3.05 **Kirstie and Phil's Love It or List It** Kirstie and Phil meet the Tuck family in Long Eaton, Derbyshire.
4.10 **Location, Location, Location** House-hunting in and around Bristol.
5.15 **Four in a Bed** This week's contest begins at the Kings Head Inn in West Sussex. **5.50** The second visit is to the Roade House in Roade, Northamptonshire.
6.20 **Four in a Bed** A visit to the Halfway House Inn in Morley, West Yorkshire. **6.50** The rivals head to Stamford Meadows Glamping in Lincolnshire. **7.25** Payment Day arrives.
7.55 **The Dog House** Peaches the lurcher, the unluckiest dog on Woodgreen animal charity's books, goes on not one but two dates.
9.00 **999: On the Front Line** While queuing in a fish and chip shop, a woman collapses with a possible stroke.
10.00 **24 Hours in A&E** Cameras follow a 38-year-old woman who has suspected sepsis.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped's Nordic Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.10 **Modern Family**
9.40 **Ramsay's Kitchen Nightmares USA**
1.40 PM FILM **Annie** Musical remake starring Quvenzhané Wallis and Jamie Foxx. (2014, PG, 115min) ★★★
3.55 FILM **Home Alone** John Hughes' comedy starring Macaulay Culkin as a young boy left behind when his family go on holiday. (1990, PG, 100min) ★★★★
6.00 **The Simpsons**
8.00 **The Simpsons** New episodes *The Last Man Expanding:* Everyone in Springfield gets hooked on a miracle weight-loss drug – except Homer. **8.30** *P.S. I Hate You:* Marge attempts to preserve her reputation as a nice person.
9.00 FILM **Meet the Fockers** Comedy sequel starring Robert De Niro, Ben Stiller, Dustin Hoffman and Barbra Streisand. A hapless male nurse faces a weekend of embarrassment when he travels to Florida to introduce his prospective in-laws to his own laid-back parents. (2004, 12, 115min) ★★★
11.20 **Naked Attraction**
12.20 AM **Gogglebox**
2.25 **Naked Attraction**
3.20 **Don't Tell the Bride**
4.10 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

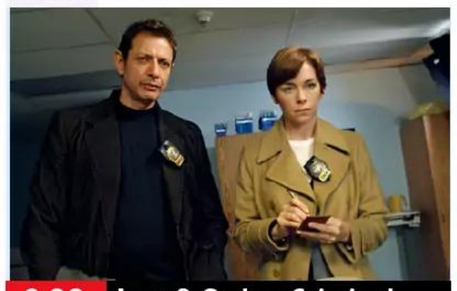
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **Border Security USA**
9.00 **Stop, Search, Seize**
10.00 **Border Patrol**
12.00 NOON **UK Border Force**
1.00 PM **Nothing to Declare UK**
2.00 **The Best of Nothing to Declare** Double bill featuring highlights of the documentary.
3.00 **Police 24/7** Officers track down suspects with the help of dogs and drones. **4.00** A routine traffic stop escalates into a foot chase.
5.00 **Nothing to Declare**


9.00 Law & Order: Criminal...

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Law & Order: Criminal Intent** *Astoria Helen:* 6/16. A man involved in a bank heist is killed six months later in an explosion. (S8)

10 PM
10.00 **Elsbeth** *Pilot:* 1/10. First episode. Lawyer Elsbeth Tascioni finds herself in a new role in New York City after leaving Chicago. (S1)
11.00 **Fire Country** 4/22. (S1)
12.00 M'T **Law & Order: Criminal Intent** 22/22. (S7)
1.00 AM **Law & Order: SVU** (S26)
2.00 **The Rookie** 8/10. (S6)
3.00 **Road Wars**
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Game of Thrones** (S6)
2.20 PM **Game of Thrones** 1/7. Arya reminds the Freys that the North remembers. **3.25** 2/7. Daenerys receives an unexpected visitor. **4.30** 3/7. Jon finally meets Daenerys, and Sam is confronted for his actions. **5.40** 4/7. Jaime and Bronn collect the spoils from the war with the Tyrells. **6.40** 5/7. Cersei vows to vanquish anyone or anything that stands in her way. (S7)

7.45 Game of Thrones

7.45 **Game of Thrones** *Beyond the Wall:* 6/7. Jon and his men go beyond the wall to capture a white walker, while Daenerys has to make a tough decision. (S7)

9.00 **A Knight of the Seven Kingdoms** *The Squire:* 3/6. Dunk teaches Egg an important skill. (S1)
9.40 **Task** *Nobody's Stronger Than Forgiveness:* 3/7. A raid leads Tom to a shocking revelation. (S1)
10.50 **Game of Thrones** *A Knight of the Seven Kingdoms:* 2/6. Daenerys learns the truth. (S8)
12.00 M'T **Game of Thrones** (S8)
3.00 AM **A Knight of the Seven Kingdoms** New episode 4/6. Fantasy drama. (S1)
3.40 **Game of Thrones** 5/6. (S8)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
10.00 **A League of Their Own: European Road Trip**
1.00 PM **A League of Their Own: European Road Trip**
4.00 **Fear the Walking Dead** 6/16. News of incoming danger begins to spread throughout the community **5.00** 7/16. A new arrival sows a divide within the ranch. **6.00** 8/16. Madison must negotiate the terms of an agreement in the midst of ranch-wide turmoil. (S3)

4.00 Fear the Walking Dead

7.00 **Fear the Walking Dead** *Minotaur:* 9/16. New leadership assumes control of the Ranch.
8.00 **Fear the Walking Dead** *The Diviner:* 10/16. Madison and Walker leave the Ranch in search of resources. (S3)
9.00 **Evil** *Room 320:* 11/13. David is determined to fight off the menacing presence of death from his hospital bed. (S1)
10.00 **A League of Their Own** Romesh Ranganathan hosts, with guests Luke Littler, Tom Davis and Alex Brooker.
11.00 **The Force: Manchester** Officers respond to a series of alcohol-related incidents. **12.00** M'T A man is violently assaulted by two attackers. **1.00** AM Officers launch a raid on a cannabis farm.
2.00 **Brit Cops: War on Crime**
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Buying the View**
8.00 **The Only Way Is Essex**
10.00 **Deal or No Deal**
12.00 NOON **Celebrity Catchphrase** Game show.
1.05 PM **The Masked Singer**
2.40 FILM **Hotel Transylvania 2** Animated comedy sequel with the voice of Adam Sandler. (2015, U, 89min) ★★★
4.30 FILM **Marley & Me** Family comedy drama starring Owen Wilson and Jennifer Aniston. (2008, PG, 115min) ★★★

4.30 Marley & Me

6.50 FILM **Dirty Dancing** Romantic musical drama starring Patrick Swayze as a dance instructor at a stuffy Catskills resort who teaches an idealistic teenager about life and love. With Jennifer Grey. (1987, 12, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.
10.05 **Olivia Attwood: Getting Filthy Rich** New edition 4/6. Olivia travels to Vegas to see what the sex industry is like there.
11.05 **Family Guy** 6/20. Chris is sent to a vocational school. **11.35** 1/20. Animation. (S17)
12.05 AM **American Dad!** (S14)
1.05 **Piglets** 4/6. (S2)
1.35 **Plebs** 2/6. (S1)
2.05 **Transaction** 6/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Inspector Morse**
10.25 FILM **Carry On Follow That Camel** Comedy starring Jim Dale. (1967, PG, 90min) ★★★
12.15 PM **Agatha Christie's Marple**
2.10 **Rosemary & Thyme** *Arabica and the Early Spider:* The duo make a gruesome discovery. **3.10** *The Language of Flowers:* The duo's client is murdered.
4.10 **McDonald & Dodds** 2/4. A Formula 1 driver dies. (S3)
6.05 **Agatha Christie's Marple** *The Secret of Chimneys:* A house party is marred by murder.

4.10 McDonald & Dodds

Agatha Christie's Marple (started at 6.05pm)
8.00 **Midsomer Murders** *A Talent for Life:* The bodies of a glamorous senior citizen and a distinguished doctor are found beside a river – but then the prime suspect is also discovered dead. Guest stars Philip Franks and Honor Blackman.
10.00 **Vera** *Natural Selection:* The detective investigates when the body of a wildlife ranger is found on a remote island off the coast of Northumberland.
11.50 **Coldwater** 5/6. John steels himself to face the consequences of his actions. **12.50** AM 6/6. John and Fiona attempt to expose the truth about Tommy. (S1)
1.55 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.30 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 LIVE **Sportscene: Scottish Cup Football** Stenhousemuir v Falkirk: All the action from the fifth-round tie at Ochilview Park. Kick-off is at 7.30.
10.00 **Still Game** 2/6. A funeral brings the community together, while bootleg alcohol has a sobering effect on Craiglang's residents. (S7)
10.30 **Dinosaur** 1/6. Return of the comedy series starring Ashley Storrie. **11.00** 2/6. Nina hopes life will return to normal back in Glasgow. (S2)
11.25 **The Sunday Show** The main issues from the world of politics.
11.55 PM **to 12.00** M'T **Loop** With composer Nyo Vilakazi and his Scottish-African choir.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2&3)
10.30 **Ballers** 3-6/10. (S2)
12.55 PM **Sex and the City**
4.00 **Community** (S5)
6.30 **The Office (US)** 15/22. Michael decides to host a seminar. **7.00** 16/22. The staff members plan festivities for Valentine's Day. **7.30** 17/22. Dwight is named Dunder-Mifflin's salesman of the year. **8.00** 18/22. Michael strikes up a peculiar new friendship. **8.30** 19/22. Michael decides to celebrate his birthday by taking the staff ice-skating. (S2)
9.00 **Chris Ramsey: Live from London** Stand-up performance.
10.00 **Chris Rock: Never Scared** The comedian scrutinises America's rich and famous.
11.30 **And Just Like That...**
2.25 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **André Rieu: Shall We Dance?**
9.00 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
12.00 NOON **Landscape Artist of the Year**
1.00 PM FILM **On the Beach** Drama. (1959) ★★★★
3.35 **André Rieu: Live in Malta** From Floriana.
5.05 FILM **ABBA The Movie** Musical. (1977, U) ★★★
7.00 FILM **Sherlock Holmes and the Secret Weapon** Thriller. (1942, b/w) ★★
8.20 FILM **Barefoot in the Park** Comedy. (1967, PG, 105min) ★★★★
10.20 **Gene Kelly: An American in Hollywood**
11.35 **Hammer: Heroes, Legends and Monsters**
1.30 AM **Isle of Wight Festival 2025**
3.30 **Discovering**
4.00 **Music Legends**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security USA**
9.00 **Star Trek: The Next Generation** (S6)
11.00 **Nothing to Declare**
1.00 PM **Border Security: Canada's Front Line**
2.00 FILM **Romance with a Twist** Drama. (2024, PG, 84min) ★★
4.00 **Arctic Secrets**
6.00 **Arctic from Above**
7.00 **Caught Red Handed**
9.00 **Rob & Romesh vs Cricket: South Africa**
10.00 **Brassic** *Ronnie's Out:* 5/6. Erin's brother Ronnie turns up on the run from prison. (S1)
11.00 **Never Mind the Buzzcocks** Music quiz hosted by Greg Davies, with guests Self Esteem, Joe Wilkinson and Aitch.
11.45 **Caught on Dashcam**
12.45 AM **World's Most Evil Killers** William Bonin.
1.40 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show hosted by Warwick Davis.
3.00 **In with a Shout** The Smiths from London and the Taylors from Suffolk compete.
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** Kelly tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire? Celebrity Special** Jeremy Clarkson hosts a celebrity version of the big-prize quiz, featuring Stephen Fry and Jeanette Kwakye.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable**
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Find It, Fix It, Flog It** Triple bill of editions.
5.00 **A Place in the Sun** Triple bill, including at: **7.00** A couple seek a bolthole on the Island of Tenerife.
8.00 **George Clarke's Building Home** The architect meets a couple hoping to restore a Derbyshire cottage.
9.00 **Gogglebox** Opinions on recent TV shows.
10.00 **999: What Happened Next** The investigation into a spree of violent attacks in Peterborough.
11.05 FILM **Cowboys & Aliens** Sci-fi Western starring Daniel Craig and Harrison Ford. (2011, 12, 119min) ★★★
1.20 AM **Sky Coppers**
2.20 **Manhunt** Documentary.
3.20 **Gogglebox**
4.20 **to 4.45** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **Auto Mundial**
6.50 **Motorsport Mundial**
7.20 **Cadfael**
9.00 **English Football League Highlights** Recent action.
10.30 **World of Sport**
10.45 **The Big Match Revisited**
12.50 PM **Ninja Warrior UK**
1.50 **River Monsters**
2.20 **The Casebook of Sherlock Holmes** Murder mystery.
3.25 **Ice Road Truckers**
4.25 FILM **Flash Gordon** Fantasy. (1980, PG, 115min) ★★★

1.50 River Monsters

6.40 FILM **You Only Live Twice** James Bond adventure starring Sean Connery. Agent 007 leads the race to prevent SPECTRE from provoking World War Three. With Donald Pleasence. (1967, PG, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM **Under Siege** Action thriller starring Steven Seagal as a ship's cook tackling terrorists on board a battleship loaded with nuclear weapons. With Tommy Lee Jones and Gary Busey. (1992, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Shardlake** 1/4. Historical mystery starring Arthur Hughes and Anthony Boyle. (S1)
12.10 AM **Giant Lobster Hunters**
1.05 **Lost Car Rescue**
1.55 **Minder**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 FILM **Zodiac: Signs of the Apocalypse** Sci-fi disaster movie starring Christopher Lloyd. (2014, PG, 120min) ★
1.00 PM **Stargate SG-1** Five episodes, including at: **4.00** 8/22. Teal'c's son Rya'c is kidnapped by Apophis. **5.00** 9/22. O'Neill discovers a reporter is preparing to expose the undercover project. (S2)
6.00 **Star Trek: Deep Space Nine** 17/26. Odo falls in love. (S5)

10.40 The Leftovers

7.00 **Star Trek: Deep Space Nine** *Business As Usual:* 18/26. Quark agrees to work for an arms dealer to ease his mounting debts.
8.00 **Star Trek: Deep Space Nine** *Ties of Blood and Water:* 19/26. Kira gets an opportunity to learn Cardassian secrets.
9.00 **Star Trek: Deep Space Nine** *Ferengi Love Songs:* 20/26. Quark sacrifices his mother's happiness. **9.50** *Soldiers of the Empire:* 21/26. Worf goes on a mission for the Klingon Empire. (S5)
10.40 **The Leftovers** *Pilot:* 1/10. First episode of the mystery drama starring Justin Theroux. (S1)
12.00 M'T **The Leftovers** 2/10. Meg struggles to adapt to life at Guilty Remnant HQ. **1.00** AM 3/10. Reverend Jamison tells Nora a devastating secret about her husband. **2.00** 4&5/10. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S8)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Alaska Daily** 9/11. A new finding makes a familiar face the top suspect. **5.00** 10/11. While getting ahead with Gloria's case, Eileen and Roz are offered new career opportunities. (S1)
6.00 **Father Brown** *The Dance of Death:* The sleuthing priest uncovers a dark secret when a contestant is murdered at a ballroom dancing competition.

7.00 Murdoch Mysteries

7.00 **Murdoch Mysteries** New episode *The Borden Ultimatum:* 5/21. Murdoch pursues Terrence Meyers. (S19)
8.00 **Death in Paradise** *Man Overboard – Part One:* 5/8. The Caribbean police's latest case takes them to London.
9.00 **Death in Paradise** *Man Overboard – Part Two:* 6/8. The detectives find themselves with two murders to solve. (S6)
10.00 **Father Brown** *The Dance of Death:* The sleuthing priest investigates when a contestant is killed at a ballroom dancing contest.
11.00 **Death in Paradise** 7/8. The team reopen a seven-year-old murder case when a tourist provides an alibi for the woman convicted of the crime. (S6)
12.00 M'T **Traces** 2/6. (S1)
1.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Only Fools and Horses**
12.30 PM **Only Fools and Horses** Six episodes, including at: **3.45** Uncle Albert falls victim to muggers, so Del Boy resolves to take the law into his own hands. **4.55** Rodney and Albert worry that the flat will get overcrowded once Raquel and Del Boy's baby arrives. **6.00** Del grabs the chance to make a quick profit and bring Trotters Independent Traders into the hi-tech world of satellite communications.

8.20 Dad's Army

7.10 **Only Fools and Horses** An audition gives Raquel the chance of a lifetime – and perhaps more importantly, an excuse to get out of Nelson Mandela House.
8.20 **Dad's Army** Captain Mainwaring and his platoon acquire a boat.
9.00 **Only Fools and Horses** Del becomes a showbiz entrepreneur after discovering a sensational Tom Jones-style singer .
10.10 **Only Fools and Horses** Del is invited to a school reunion at the Nag's Head organised by old adversary Roy Slater.
11.15 **Only Fools and Horses**
1.30 AM **Alma's Not Normal** Alma joins Bolton Acting School. **2.05** The hospital staff inform Lin that her section could finally be lifted.
2.35 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Storage Hunters UK**
9.00 **Mortimer & Whitehouse: Gone Fishing** Double bill.
10.15 **Guy Martin: Proper Jobs**
11.20 **Top Gear** Double bill.
1.20 PM **Richard Osman's House of Games** Double bill.
2.40 **Hairy Bikers' Best of British**
4.40 **Simon Reeve's South America**
5.40 **Mediterranean with Simon Reeve** Simon visits Malta, southern Italy and Albania.
6.40 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fly to Enniskillen to fish for pike.

8.00 Guy Martin: Proper Jobs

7.20 **Mortimer & Whitehouse: Gone Fishing** Paul and Bob fish for grayling on the River Ure in the Yorkshire Dales.
8.00 **Guy Martin: Proper Jobs** New edition 3/4. Guy goes to live and work on a dairy farm in the Hebrides. ■ Entire series on Box Sets
9.00 **Have I Got a Bit More News for You** David Tennant hosts the satirical quiz, with guests Miles Jupp and Cathy Newman.
10.00 **QI** With Sean Lock, Bill Bailey and Anneka Rice.
10.40 **Mock the Week** With Maisie Adam, Ed Byrne and Mark Simmons.
11.20 **Mock the Week** With Tom Allen, Angela Barnes, Milton Jones and Thanyia Moore.
12.00 M'T **Live at the Apollo** Stephen Bailey, Lara Ricote and Glenn Moore perform.
1.00 AM **QI XL** With Rob Brydon.
2.00 **to 4.00** AM **Schitt's Creek**

+1 hour 211/212 327 74 259

Sunday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.20 **Blue Bloods** (S6)
3.00 PM **NCIS** Seven episodes, including at: **6.00** *Suspicion:* 12/24. A Marine intelligence officer is murdered. **7.00** *Sharif Returns:* 13/24. A terrorist threatens to unleash a chemical attack. **8.00** *Blowback:* 14/24. An arms dealer steals secret launch codes. **9.00** *Friends & Lovers:* 15/24. A sailor's body is discovered in a disused restaurant. (S4)
10.00 **Law & Order: Special Victims Unit** *Remember Me:* 23/24. Benson tries to reason with a woman who has a hostage. (S19)
11.00 **Law & Order: Special Victims Unit** (S19)
1.50 AM **Criminal Minds**
2.45 **NCIS** 6/24. (S3)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Car Pound Cops**
8.30 **Friends** (S10)
10.05 **Shoplifters: Caught Red Handed** Triple bill.
1.05 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** Officers pursue a vehicle with obscured number plates, while Dan and Jules stop a disqualified driver.
9.00 **Murder Suspect No 1** Hull detectives search for a suspect who left a 54-year-old man for dead in his burning flat.
10.00 **Forensics: Murder Scene** West Yorkshire police and forensics teams investigate the stabbing of a woman.
11.30 **Murdered at First Sight**
12.30 AM **My Lover, My Killer**
1.25 **Skin A&E** Documentary.
2.25 **Fights, Camera, Action!**
3.10 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Trucking Hell**
12.15 PM **Ice Road Truckers** Hugh Rowland carries a huge car crusher to St Theresa Point. **1.15** The ice roads begin to melt and crack. **2.15** Lisa and Todd venture onto an unexplored route. **3.15** Darrell hires his son Reno and takes him on a run to Big Trout Lake. **4.15** Art gets some unexpected help.
5.10 FILM **Seminole** Western starring Rock Hudson. (1953, U, 87min) ★★
7.00 FILM **The Tin Star** Western starring Henry Fonda. (1957, b/w, U, 93min) ★★★★
9.00 FILM **Sniper** Action thriller starring Tom Berenger and Billy Zane. (1992, 15, 97min) ★★★
11.00 PM **to 4.00** AM **World's Deadliest Weather: Caught on Camera**

U&W

132/133 131/133 125 25 156 28

6.15 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet: Noel Fitzpatrick**
6.00 **Pete Wicks: For Dogs' Sake** Documentary
7.00 **Inside the Ambulance** The paramedics treat a woman whose legs have dramatically swollen. **8.00** A crew come to the aid of an HGV driver suffering dizzy spells.
9.00 **Inside the Operating Theatre** A three-year-old boy requires an operation on his tongue. **10.00** A patient has keyhole surgery to repair his hernia.
11.00 **Louis Theroux: Behind Bars** Documentary.
12.00 M'T **Inside the Ambulance**
12.30 AM **Tom Daley: Illegal to Be Me**
1.50 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
7.35 **The Bill**
12.30 PM **Call the Midwife**
3.10 **Catherine Cookson's The Black Velvet Gown**
5.30 **Last Tango in Halifax**
6.50 **Ladies in Black** Series finale *New Season:* 6/6. Angela agrees to recreate an exclusive design for her sister-in-law's wedding dress. (S1)
8.00 **Sister Boniface Mysteries** *Killer Heels:* 4/8. Sister Boniface investigates when the owner of a shoe factory is found murdered. (S4)
9.00 **Silent Witness** *Sniper's Nest:* Nikki and Jack are called to a petrol station where three people have been shot dead.
11.15 **New Tricks**
12.35 AM **Call the Midwife**
1.55 **A Small Light**
3.00 **to 4.00** AM **Art Detectives**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Adolf Hitler's War**
11.00 **Canal Boat Diaries**
2.00 PM **Motorhoming with Merton & Webster**
4.00 FILM **Ill Met by Moonlight** Wartime adventure starring Dirk Bogarde. (1956, b/w, U, 100min) ★★★
6.10 **Russia with Simon Reeve** Documentary.
7.35 **Robson Green's Weekend Escapes**
9.00 **Flipping Bangers** Gus and Will find an Audi Quattro roadster than has seen better days.
10.00 **Bangers & Cash** Derek heads to Bromsgrove on the trail of a very rare Aston Martin DB6 Mk2. **11.00** Derek checks out a 1985 Renault 4 and MGB Roadster.
12.00 M'T **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

SUNDAY Entertainment

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Cornwall.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **My Lottery Dream Home**
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** A woman on a quest to solve a family mystery and find her sisters. **10.00** The story of a woman searching for her Jamaica-born father.
11.00 **Help! My House Is Haunted** At Chillingham Castle, Northumberland. **12.00** M'T Exploring a hotel with a sinister past. **1.00** AM A visit to a suburban home in Hull.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **The Waltons**
1.00 PM **The Waltons**
4.00 FILM **Please Sir!** Comedy starring John Alderton. (1971, PG, 97min) ★★★
6.10 FILM **Waterworld** Sci-fi action adventure starring Kevin Costner. In a future world entirely covered by water, a solitary hero called the Mariner leads a quest for dry land. With Dennis Hopper. (1995, 12, 134min) ★★★
9.00 FILM **Twister** Disaster movie starring Helen Hunt and Bill Paxton as an estranged married couple of meteorologists who reunite to chase tornadoes across the American Midwest. (1996, PG, 114min) ★★★
11.25 **M*A*S*H** (S9)
1.25 AM **Home to Roost** (S2)
2.05 **Rumpole of the Bailey**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Wanted: Dead or Alive** 3/32. (S2)
9.30 **The High Chaparral**
10.30 FILM **Texas** Western with Glenn Ford. (1941, b/w, PG, 93min) ★★★
12.35 PM FILM **Gray Lady Down** Suspense drama. (1977, PG, 111min) ★★
3.00 FILM **Night Passage** Western adventure. (1957, U, 90min) ★★
5.00 FILM **The Kid from Texas** Western drama. (1949, U, 78min) ★★
6.50 FILM **Yellow Sky** Western drama starring Gregory Peck. (1948, b/w, PG, 98min) ★★★
9.05 FILM **The Quick Gun** Western starring Audie Murphy and James Best. (1964, PG, 87min) ★★
11.05 FILM **The Virginian** Western adventure. (2014, 12, 90min) ★★
1.05 AM **The Persuaders!**
3.50 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 FILM **Murder, She Baked: Just Desserts** Crime drama starring Alison Sweeney. (2017, PG, 90min) ★★
11.00 **Murder, She Wrote** Ten episodes of the mystery.
9.00 PM FILM **The Gourmet Detective** Crime drama starring Dylan Neal and Brooke Burns. (2015, PG, 90min) ★★
10.55 FILM **Aurora Teagarden Mysteries: How to Con a Con** Thriller starring Candace Cameron Bure and Adam Beauchesne. (2020, PG, 90min) ★★
12.50 AM FILM **Killing Your Daughter** Thriller starring Allison Paige. (2019, PG, 105min) ★★
2.35 FILM **Too Late to Say Goodbye** Thriller. (2009, PG, 95min) ★★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Love's Sweet Recipe** (2021, PG) ★★
10.05 FILM **The Baby Proposal** Comedy. (2019, PG, 89min) ★★
12.00 NOON FILM **The Boyfriend Trap** Drama. (2022, PG, 90min) ★★
2.00 PM FILM **Falling for the Manny** Romantic drama. (2023, PG, 89min) ★★
4.00 FILM **Fishing for Love** Drama. (2021, U) ★★
6.00 FILM **The Engagement Dress** Romantic drama. (2023, PG, 90min) ★★
8.00 FILM **How to Win a Prince** Romantic comedy. (2023, U, 89min) ★★
10.00 FILM **To England, with Love** Romantic comedy. (2023, PG, 89min) ★★
11.55 FILM **Love at Sunset Terrace** Romantic drama. (2020, PG, 95min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Falling for the Manny**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Michael Hordern, Going Home**
6.30 **Sherlock Holmes**
7.30 **The Lovers**
8.30 **The Fenn Street Gang**
9.30 **Bubblegum & Cheese**
10.30 **The Dustbinmen**
11.30 **That's My Dog**
12.00 NOON **The Champions**
1.00 PM **Boon** 1/13. (S3)
2.00 **The Prime of Miss Jean Brodie** 2/7. (S1)
4.00 **Last Days of Pompeii**
6.45 **Hank the Cowboy**
7.00 **The Top Secret Life of Edgar Briggs** (S1)
8.00 **Boon** 1/13. (S3)
9.00 **Dark Skies** 10/20. (S1)
10.00 FILM **Mardi Gras Massacre** Horror thriller. (1978, 18, 97min) ★★
12.00 M'T **Stereo Underground**
1.00 AM **Primitive London**
2.45 **Hank the Cowboy**
3.00 **Boon** 1/13. (S3)
4.00 **Dark Skies** 10/20. (S1)
5.00 **to 6.00** AM **Stereo Underground**

DMAX

158 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Ant Anstead: Born Mechanic** Double bill.
7.00 **Mysteries of the Deep** Jeremy Wade looks into one of the Bermuda Triangle's most infamous disappearances. **8.00** The truth behind the story of Noah's flood.
9.00 **Lost Monster Files** The team investigate a series of livestock mutilations. **10.00** The team conduct their most ambitious hunt yet.
11.00 **Expedition X** Phil and Jess investigate sightings of a huge serpent. **12.00** M'T Phil and Jess chase Bigfoot's origin. **1.00** AM Josh sends his team to New Mexico.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
1.00 PM **James Martin's American Adventure**
3.00 **Great British Bake Off** Six editions, including at: **6.00** The bakers try to impress the judges during Danish Week. **7.00** The semi-final arrives as the bakers enter Patisserie Week. **8.00** The remaining three bakers compete to be the 2018 winner.
9.00 **James Martin's American Adventure** The chef tries line dancing in Fort Worth. **10.00** The chef visits Southfork in Dallas. **11.00** James takes in the food of Philadelphia. **12.00** M'T James ends his road trip in New York.
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM FILM **San Andreas Mega Quake** Thriller. (2019, 12, 87min) ★★
9.00 **The A-Team** (S4)
2.00 PM FILM **The Criminal** Crime drama. (1960, b/w, 12, 97min) ★★★
3.50 FILM **Five Golden Dragons** Adventure. (1967, PG, 100min) ★★
5.50 FILM **The Southern Star** Comedy adventure with George Segal. (1968, PG, 105min) ★★★
8.00 **The Twilight Zone** (S4)
9.00 FILM **State of Play** Political thriller starring Russell Crowe and Ben Affleck. (2009, 12, 127min) ★★★★
11.30 FILM **London Heist** Gangster thriller. (2016, 15, 95min) ★★
1.25 AM FILM **In the Line of Duty** Crime thriller. (2019, 15, 98min) ★★
3.20 **to 5.10** AM FILM **The Devil Rides Out** Horror. (1967, 15, 91min) ★★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 FILM **Apocalypse of Ice** Disaster drama. (2020, PG, 88min) ★★
12.00 NOON FILM **Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
2.00 PM FILM **The 7 Adventures of Sinbad** Fantasy adventure. (2010, PG, 90min) ★★
4.00 **The Fall Guy** (S1)
9.00 FILM **Jules Verne's Rocket to the Moon** Sci-fi period comedy starring Burl Ives. (1967, U, 115min) ★★
11.20 FILM **Armed Response** Thriller starring Wesley Snipes and Anne Heche. (2017, 15, 93min) ★
1.15 AM FILM **Lust for a Vampire** Horror thriller. (1970, 18, 95min) ★★★
3.10 FILM **Mammoth** Thriller. (2006, 12, 90min) ★★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **WWE's Greatest Moments** The Bloodline.
6.25 **Container Wars**
6.45 **Rust Valley Restorers**
7.30 **Junk & Disorderly**
10.10 **Flipping Bangers**
11.10 **Pawn Stars Do America**
2.05 PM **Auction Hunters**
4.05 **Storage Wars**
7.00 **Secrets in the Ice**
8.00 **The Curse of Oak Island**
9.00 **The Great British Dig: History in Your Back Garden** From Liverpool.
10.00 **Secrets of the Lost Liners** Focusing on the story of the *Normandie*.
11.00 **Holy Marvels with Dennis Quaid**
12.00 M'T **History's Greatest Mysteries** A lost English settlement
1.00 AM **Paranormal: Caught on Camera**
2.00 **My Paranormal Nightmare**
3.00 **The Proof Is Out There**
4.00 **to 6.00** AM **Secret Restoration**

5SELECT

153 166 138 46 133 30

9.00 AM **Cruising with Jane McDonald** From Miami.
9.20 **Rob Bell's Engineering Reborn** Double bill.
11.25 **Columbo** Five episodes of the drama, including at: **5.00** *Rest in Peace, Mrs Columbo:* A woman seeks revenge on Columbo for the death of her husband in prison. **7.00** *Swan Song*: A country singer arranges for his wife and his underage lover to die in a phoney plane crash.
9.00 **1990: Most Shocking Moments** Controversies and scandals in TV, film, music and politics.
11.00 **Taggart** *Rogues' Gallery.*
12.50 AM **Michael Palin in Venezuela** Zulia State.
1.50 **Michael Portillo's Travel Diaries**
2.50 **Into the Amazon with Robson Green**
3.40 **to 4.00** AM **Britain's Greatest Bridges**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Dickinson's Real Deal**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Lily Savage's Blankety Blank** Triple bill.
4.00 **The Chase** Quiz show.
5.00 **The Chase Celebrity Special** With Matthew Wright, Suzi Perry, Ian 'H' Watkins and Crissy Rock. **6.00** With Russell Watson, Rita Simons, Bill Oddie and Denise Welch.
7.00 **The Chase** Double bill of the quiz show.
9.00 **The Chase Celebrity Special** Sally Lindsay, Shaun Williamson, Barry McGuigan and Jenny Frost take part.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
7.00 PM **The Big Bang Theory** 4/24. The guys consider investing in the comic-book shop. **7.30** 5/24. The girls go on a weekend trip. (S8)
8.00 **Georgie and Mandy's First Marriage** New episodes 7/22. Georgie worries that he's leaving Connor out. **8.30** 8/22. Tensions rise when Georgie intrudes on Mandy's new gig. (S1)
9.00 **Mock the Week** New edition Dara O Briain hosts the topical comedy panel show.
10.00 **Mock the Week**
11.00 **Guz Khan's Custom Cars**
12.00 M'T **Young Sheldon**
12.30 AM **Dr Pimple Popper**
1.30 **Say Yes... Atlanta**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Stupid Central**
9.00 **Friends** (S7)
1.00 PM FILM **EDtv** Satirical comedy starring Matthew McConaughey, Jenna Elfman and Woody Harrelson. (1999, 12, 123min) ★★★★
3.15 **Friends** (S7)
9.00 FILM **Hancock** Action comedy fantasy starring Will Smith, Charlize Theron and Jason Bateman. (2008, 12, 92min) ★★★
10.45 **8 Out of 10 Cats Uncut**
11.35 **Whose Line Is It Anyway? USA**
12.05 AM **Out of Order**
1.05 **Kevin Bridges: The Story Continues**
2.05 **Russell Howard: Live at the London Palladium**
3.05 **Key & Peele**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Bradley & Barney Walsh: Breaking Dad**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Bradley & Barney Walsh: Breaking Dad**
12.00 NOON **Criminally Funny**
1.30 PM **Friends** (S7)
3.30 **Criminally Funny**
9.00 **Friends** 4/24. Rachel wrestles with a dilemma. **9.30** 5/24. Joey takes Tag out on the town. **10.00** 6/24. Monica must choose a maid of honour. **10.30** 8/24. Tag visits for Thanksgiving. **11.00** 11/24. Monica turns up uninvited at her cousin's wedding. **11.30** 12/24. Ross and Joey become trapped on the roof. (S7)
12.00 M'T **Friends** (S7)
2.00 AM **New Girl** (S3)
3.00 **South Park** (S7)
4.30 **Michael McIntyre: Happy & Glorious**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **On the Buses**
9.35 **Steptoe and Son** (S1)
1.15 PM **Man About the House** (S2&3)
4.50 **Birds of a Feather** (S11)
6.15 **Birds of a Feather Christmas Special** (S12)
7.15 **Birds of a Feather** (S12)
7.55 **Minder** 3/11. (S4)
9.00 **Benidorm** 5&6/6. The Garveys attempt to win a pub quiz. **9.30** 6/6. Mick falls victim to a con. (S1)
9.55 **Shameless** 7/11. (S2)
10.55 **Man About the House**
11.25 **Rising Damp** 2/8. (S2)
11.55 **Benidorm** (S1)
12.55 AM **Shameless** (S2)
1.50 **The Kenny Everett Video Show**
2.20 **Man About the House**
2.45 **Duty Free** 5/7. (S1)
3.10 **The Osbournes** (S2)
3.30 **That's 60s: Best Music Live!**
4.00 **Nearest and Dearest**
5.05 **to 6.00** AM **Didcot Railway Centre**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Teen Mom 2**
8.00 **16 and Pregnant**
12.30 PM **FriendZone**
1.00 **Catfish: The TV Show**
3.00 **Catfish: Wannabees**
4.00 **Catfish: The Dramatic**
5.00 **Catfish: The TV Show** Four editions, including at: **7.00** Shawny wants to uncover the secrets of her new love interest. **8.00** Nev and Kamie perform the first DNA test in *Catfish* history.
9.00 **Teen Mom UK** Chloe's in a celebratory mood, and Amber faces an old foe.
10.00 **Dating Naked** A woman is torn between two very different men.
11.00 **Ink Master: Angels** The Angels head to Houston.
12.00 M'T **Jersey Shore**
2.00 AM **Teen Mom Family Reunion**
2.45 **Catfish: The TV Show**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Alaska: Homestead Rescue** The Raneys reflect on life-changing rescues. **1.00** PM Two young couples in Alaska face disaster near the Arctic Circle. **3.00** A Colorado family's dream is under siege by their bison, and the Raneys must wrangle the dangerous herd. **5.00** Marty races back to the Adams' homestead in Alaska to fix quake damage and build a bear-proof shelter in hopes of keeping their dream alive.

7.00 Moonshiners

7.00 NEW SERIES **Moonshiners** Tim Smith joins Tickle on the outlaw side as Canadian tariffs offer new opportunities.
8.00 **Alaska: Homestead Rescue** New edition The Raneys reveal unseen builds and share their most memorable moments.
9.00 **Barnwood Builders** The crew build a timber frame kitchen that will be the centrepiece of a high-end mountain retreat.
10.00 **Wheeler Dealers** Elvis and Mike make radical changes to a 55-year-old Mini Mark 1 850 to get it back on the road.
11.00 **Kindig Customs** The 1958 Corvette's owner wants to top off his collection with a custom CF1. He wants to debut them both together, so Dave has his work cut out.
12.00 M'T **Overhaulin'** Triple bill.
3.00 **to 5.00** AM **Street Outlaws: Locals Only**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **The Zoo** Double bill.
5.00 **Treehouse Masters** Pete Nelson designs a beehive-style structure for a couple.
6.00 **Meet the Penguins** The staff of Sancob Seabird Rescue Centre in Cape Town help a penguin contaminated by oil. **6.30** Crabby greets a new arrival that melts his heart.

8.00 Treetop Cat Rescue

7.00 **How Do Animals Do That?** Fun facts about eagles and squirrels. **7.30** Why pandas are black and white.
8.00 **Treetop Cat Rescue** Shaun and Tom rescue a moody repeat offender. **8.30** Shaun braves a storm to rescue a cat.
9.00 **Alaskan Bush People: Bushcraft Chronicles** The Browns discuss their favourite means of bespoke transportation.
10.00 **Tanked** NASCAR driver Kurt Busch and his wife want a Caribbean-themed aquarium to replicate their wedding location.
11.00 **Alaska: The Last Frontier** The family finish Grady's Perl Island cabin, while August and Charlotte build a cat patio.
12.00 M'T **River of No Return**
1.00 AM **Air Jaws: Night Stalker**
2.00 **The Haunted**
3.00 **Treetop Cat Rescue**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Ice Road Rescue**
11.00 **Car S.O.S** Double bill.
1.00 PM **Air Crash Investigation**
3.00 **Airport Security: Rome** The judicial police suspect a man is carrying narcotics. **4.00** A suitcase is discovered with a hidden compartment.
5.00 **Toronto Airport Uncovered** There is an explosives alert in baggage, and mice threaten the safety of airfield taxiways.
6.00 **Tut's Treasures: Hidden Secrets** A forensic investigation of King Tut's death mask.

8.00 Gladiators: Warriors of...

7.00 **Lost Treasures of Rome** New edition Archaeologists reveal the stunning new discovery of a Nero megastructure.
8.00 **Gladiators: Warriors of the Ancient World** New edition Marcus Attilius rises to fame, but the threat of Vesuvius looms.
9.00 **Colosseum: Rise and Fall** Archaeologists uncover the story of the empire's collapse.
10.00 **Kingdom of the Mummies** Dr Ramadan Hussein explores an underground burial chamber in Egypt.
11.00 **Kingdom of the Mummies** The team try to move the five-tonne lid of a sarcophagus.
12.00 M'T **Trafficked with Mariana Van Zeller** New edition A behind-the-scenes look at the making of the show.
1.00 AM **Construction Fails**
3.00 **to 5.00** AM **Ancient X Files**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.00 **The Proof Is Out There: Alien Edition** Double bill.
9.00 **Gold Wars Downunder**
10.00 **Ice Road Truckers**
11.00 **Pawn Stars** Triple bill.
2.00 PM **Junk & Disorderly** Triple bill of editions, including at: **4.00** Henry Cole visits automobilia heaven.
5.00 **Egypt's Unexplained Files** Insights into superstition in the land of the pharaohs. **6.00** The ancient Egyptians' obsession with the afterlife.

2.00 Junk & Disorderly

7.00 **Egypt's Unexplained Files** Science shines a light on the dark side of Ancient Egypt, including a 5,000-year-old homicide.
8.00 **Egypt's Unexplained Files** The lies behind ancient Egypt's best-known and loved icons, including Tutankhamun.
9.00 **Bradley Walsh: Egypt's Cosmic Code** Bradley fulfils a lifetime ambition to visit Ancient Egypt's greatest monuments.
10.00 **Bradley Walsh: Egypt's Cosmic Code** The presenter considers the riddle of the Sphinx.
11.00 **Bradley Walsh: Egypt's Cosmic Code** Bradley sets out to uncover the mysteries of King Tutankhamun.
12.00 M'T **Pawn Stars** Rick admires a blade said to once belong to a World War Two admiral. **1.00** AM Chum gets his hands on a one-of-a-kind chair. **2.00** A Mick Foley T-shirt.
3.00 **to 6.00** AM **Junk & Disorderly**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Ronald Colman** A profile of the actor.
7.00 **Discovering: Harvey Keitel**
8.00 **The Directors**
9.00 FILM **Ali & Cavett: The Tale of the Tapes** Showcasing the life and times of Muhammad Ali. (2018, PG, 95min) ★★★
11.00 **Bobby Robson: More Than a Manager** Documentary.
1.00 PM **Dave Not Coming**
3.00 FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
5.00 **Flight 149: Hostage of War**

9.00 God Bless Ozzy Osbourne

6.50 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
9.00 **God Bless Ozzy Osbourne** A profile of Black Sabbath frontman Ozzy Osbourne, from his years of alcoholism and drug dependency, to the conquering of his demons with the aid of second wife Sharon.
11.00 **Pete Doherty: Stranger in My Own Skin** Documentary about the life of the musician and Libertines co-frontman.
1.00 AM **Marathon: The Patriots Day Bombing** Documenting some of the survivors of the Boston Marathon attack.
3.00 **BS High** The story of the Bishop Sycamore Centurions.
5.00 **to 6.00** AM **The Directors**

Sunday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Find It, Fix It, Flog It**
9.00 **Antiques Road Trip**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Triple bill.
8.00 **The Repair Shop** A beloved childhood teddy bear is restored. **9.00** Experts restore a poster, a camera and a pair of sandals. **10.00** Experts restore a shamrock brooch, a replica brass kitchen and a desk lamp. **11.00** The team work on a mantle clock, an SAS soldier bookend and a 1920s microscope. **12.00** M'T The team revive a German-English dictionary and a motorbike helmet.
1.00 AM **Massive Engineering Mistakes**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1 hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops Detroit**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **10 Steps to Murder**
12.00 NOON **FBI Files**
3.00 PM **Nightmare Next Door** Triple bill.
6.00 **Calls from the Inside** A ranch hand is found dead in a river. **7.00** The mystery of Gretchen Anthony. **8.00** A love triangle that ended in murder.
9.00 **A Killer's Mistake** Patients at a respected hospital die unexpectedly.
10.00 **Evil Lives Here**
11.00 **The Murder of Grace Millane: A Faking It Special** True-crime.
12.00 M'T **Murder on CCTV**
1.00 AM **Ted Bundy: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1 hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Judge Judy** Former lovers hope to resolve a dispute about an engagement ring. **7.30** A woman wants reimbursement for costs to her daughter's car from her ex-husband. **8.00** A woman sues her former friend and a tenant for alleged damages to her home. **8.25** A woman is accused of punching a hole in a door and of skipping on rent by her former roommate. **8.50** A man accuses a professional organiser of stealing jewellery. **9.15** A woman claims her late mother's floral shop was robbed.
9.40 **Judge Judy** Real-life small-claims cases.
12.10 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **Facing Evil**
4.00 **Crimes That Shook Australia** Double bill.
6.00 **See No Evil** The case of Torrance Cheeves. **7.00** The murder of Alajawan Brown. **8.00** Tom and Jill Estes' bodies are found behind a dumpster in Missouri.
9.00 **Murder UK** Focusing on the case of Katie Wilding, who sought romance but found abuse.
10.00 **Secrets of a Murder Detective** The case of Kenneth Ford, who was found murdered in his Birmingham home.
11.00 **Fatal Fall: Murder or Accident?** Documentary.
12.00 M'T **When Death Comes Knocking**
1.00 AM **See No Evil**
4.00 **Murder UK** As 9.00pm.
5.00 **to 6.00** AM **Secrets of a Murder Detective**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Highway Cops**
8.00 **Brit Cops: Law & Disorder** Documentary.
9.00 **Caught on Dashcam**
10.00 **Police 24/7**
12.00 NOON **World's Most...**
1.00 PM **What the Killer Did Next** Double bill.
3.00 **Killer in My Village**
5.00 **Britain's Most Evil Killers** Double bill.
7.00 **Forensics: Catching the Killer** The discovery of two murder victims in Pembrokeshire.
9.00 **Britain's Most Evil Killers** Wilbert Dyce.
10.00 **Mommy Dead and Dearest: The Story of Dee Dee** True-crime.
11.45 **Murdered at First Sight**
12.50 AM **Killer in My Village**
1.55 **How I Caught the Killer**
3.00 **World's Most Evil Killers**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Jungle War**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **A Final Landing on Iwo Jima** As 10.50pm.
2.50 **Peleliu: WWII's Most Well-Preserved Battlefield** As 9.35pm.
4.00 **A Final Landing on Iwo Jima** As 10.50pm.
5.10 **Jungle War** Four editions, including at: **8.25** Jungle warfare during the Vietnam War.
9.35 **Peleliu: WWII's Most Well-Preserved Battlefield** A look at the most well-preserved battlefield in the world.
10.50 **A Final Landing on Iwo Jima** A Marine veteran returns to the battlefield on Iwo Jima.
12.00 M'T **Peleliu: WWII's Most Well-Preserved...**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Nature

145 113/114 189 354 369

6.00 AM **Coastal Africa**
8.00 **Weird, Wild and Wonderful**
9.00 **Wild Crusades: The Monkey Diaries** The toque macaque.
10.00 **Alien Abyss** Triple bill.
1.00 PM **Living Beach**
3.00 **Airborne** Double bill.
5.00 **My Best Friend's an Animal** New edition A visit to Albert the camel at his ranch.
6.00 NEW SERIES **Extraordinary Animals** A look at how being disorganised works in the favour of certain animals. **6.30** New edition How being obsessive can be a means of survival for some animals.
7.00 **David Attenborough's Dragons and Damsels**
8.00 **Attenborough's Journey**
9.00 **Weird, Wild and Wonderful**
10.00 **How the Wild Things Sleep**
11.00 **My Best Friend's an Animal**
12.00 M'T **Extraordinary Animals**
1.00 AM **Snow Leopards with Dan O'Neill** Double bill.
3.00 **Wild Crusades**
5.00 **to 6.00** AM **Mysteries of Evolution**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Combat Ships**
10.00 **WWII's Most Daring Raids**
11.00 **The Great British Dig: History in Your Back Garden**
1.00 PM **Britain's Most Historic Towns** Glasgow's age of steam.
2.00 **Ancient Aliens**
4.00 **Egypt's Unexplained Files**
5.00 **Ramses the Great: King of Ancient Egypt**
6.00 **Pharaohs at War**
7.00 **Queens of Ancient Egypt** Ancient Egyptian queens who have shaped history.
8.00 **Truthseekers** Pyramids.
9.00 **American Godfathers: The Five Families** The impact of increased law enforcement on the New York City Mafia families.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Dark Marvels: Killing Machines**
2.00 **Beyond the Myth: The SS Unveiled** Heinrich Himmler.
3.00 **Cracking the Code**
4.00 **Mission Unexplained**
5.00 **to 6.00** AM **Full Custom Garage**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
1.00 PM **How Do They Do It?**
2.00 **Extreme Engineering**
3.00 **Savage Builds**
4.00 **Space Launch: Splashdown**
6.00 **How It's Made** How matches and tillage machines are made. **6.30** Making mosquito coils. **7.00** How laboratory furnaces and retro toasters are made. **7.30** A look at shrimp farming.
8.00 **Legendary Locations** A pyramid in Central America. **8.30** Josh Gates explores places where legends never die in Romania, Japan and Germany. **9.00** A Japanese ice cave. **9.30** Exploring a millionaire's disappearance in Malaysia.
10.00 **American Titans** Double bill.
12.00 M'T **Truth Behind the Moon Landing** Double bill.
2.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Murdertown**
8.00 **Nightmare in Suburbia**
10.00 **When Missing Turns to Murder**
12.00 NOON **Judge Rinder**
2.00 PM **Cops Gone Bad with Will Mellor** Double bill of editions.
4.00 **Cold Case Files** Triple bill.
7.00 **Cold Case Files** A quiet town is rocked by the disappearance of a teen, who leaves only a blood-stained car behind.
8.00 **Homicide Squad: New Orleans** A murder in front of a local nightclub shatters the New Orleans nightlife.
9.00 **Cold Case Files** New edition A man found beaten to death. **10.00** A family's murder in 1984, leaving a three-year-old girl as the lone survivor. **11.00** The murder of a couple that went unsolved for years.
12.00 M'T **Last Night Out**
1.00 AM **Cold Case Files**
2.00 **Somebody's Hiding Something**
4.00 **to 6.00** AM **I Knew My Murderer**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **When Sharks Attack 360**
12.00 NOON **Antarctica**
2.00 PM **Europe's New Wild**
4.00 **Secrets of the Zoo**
6.00 **Critter Fixers: Country Vets** New edition The vets save a dog from the brink of disaster and remove a huge pile of kidney stones from another.
7.00 NEW **Mashatu: Land of Leopards** Documentary that follows the fate of a leopard family impacted by climate change in a reserve that is one of the last natural havens for free-roaming leopards.
8.00 **Jaguar: Jungle Icon of Guyana** Following a young jaguar in Guyana's rainforests.
9.00 **Wild India** Life through the eyes of a newborn elephant calf. **10.00** A look at life under the canopies illustrated in Rudyard Kipling's *Jungle Book*.
11.00 **Snakes in the City**
12.00 M'T **Lawless Island**
2.00 AM **Fish Tank Kings**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181

7.00 AM **Shed and Buried**
9.00 **Prehistoric** Triple bill.
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Investigators use CGI to reveal where the tomb of Alexander the Great may lie. **7.00** Archaeologists believe they've found the ruins of the Greek city of Helike. **8.00** The construction of iconic megastructures created by bygone civilisations.
9.00 **Salvage Hunters: The Restorers** Engineer Bo works to get a vintage model airplane back in action. **10.00** Blacksmith Nev gets emotional while attempting to fix an antique tree seat. **11.00** Drew Pritchard challenges leather restorer Martin to attach an old cricket bag to a pre-war car.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **The Life of Mammals**
1.00 PM **The Life of Mammals**
7.00 **The Life of Mammals** David Attenborough swims alongside sea otters and manatees, and observes the mating habits of the blue whale, which left dry land millions of years ago to return to the seas. **8.00** David profiles the tree-dwellers of the animal kingdom, as primates and squirrels perform complicated manoeuvres in forests. **9.00** Examining the hunting tactics of the world's carnivores, from Arctic foxes in the frozen north to the big cats of the southern hemisphere. **10.00** The world of omnivores, nature's generalists, revealing their myriad talents in the wild and how some species have made their homes in cities.
11.00 **The Life of Mammals**
1.00 **to 6.00** AM **David Attenborough's Natural Curiosities**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
10.00 **Still a Mystery**
12.00 NOON **Faking It: Tears of a Crime** Four editions.
4.00 PM **Disappeared**
6.00 **Murder in the Heartland** A single mother is found beaten and strangled in her own home. **7.00** A hunter found murdered in his car in rural Missouri.
8.00 **On the Case with Paula Zahn** A loving mother is murdered inside her own home.
9.00 **Fatal Destination** A trip unravels into a camper crime scene.
10.00 **The Real Murders on Elm Street** A grandpa is found dead in his van on Halloween.
11.00 **Signs of a Psychopath** Police uncover that a suspect idolises infamous serial killers. **11.30** Operators receive a chilling call from a teenager claiming he killed his parents.
12.00 M'T **Evil Lives Here**
2.00 AM **Signs of a Psychopath**
4.00 **to 6.00** AM **People Magazine Investigates**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **World's Greatest Motorcycle Rides**
10.00 **FourWheeler** Double bill.
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Roadworthy Rescues**
5.00 PM **Shed and Buried** Four editions, including at: **6.00** Henry and Sam visit a trials car enthusiast. **6.30** In Cornwall, Henry and Sam visit the Queen's armourer.
7.00 **Wheeler Dealers** Mike helps a member of the team by fixing up his four-litre V6 Mustang. **8.00** Mike and Ant work on a 2002 Chevy Corvette Z06. **9.00** Ant attempts to restore a 1973 Ford Mustang Mach 1 back to its former glory. **10.00** Mike showcases the 1968 Chevy Corvette as an example of a real sports car. **11.00** Mike and Edd restore a 1973 Chevrolet Camaro. **12.00** M'T Mike searches for a Dodge Charger to restore.
1.00 **to 4.00** AM **World's Greatest Motorcycle Rides**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.15 AM **PREMIERE Neighborhood Watch** As shown at 6.20pm.
7.55 **The Naked Gun** As 11.50pm.
9.25 **Smurfs** (2025, PG) ★★
11.05 **M3GAN 2.0** As 8.00pm.
1.15 PM **Reckless** As 10.10pm.
3.00 **The Naked Gun** As 11.50pm.
4.30 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
6.20 **PREMIERE Neighborhood Watch** Thriller with Jeffrey Dean Morgan. (2025, 15, 92min) ★★★★ *See review, page 21.*

6.20 Neighborhood Watch

8.00 **M3GAN 2.0** Sci-fi action thriller sequel starring Allison Williams and Violet McGraw. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 **Reckless** Action comedy starring Scott Adkins and Vinnie Jones. A former convict on parole must outwit the police to get his share of an old heist. (2026, 15, 91min)
11.50 **The Naked Gun** Comedy reboot starring Liam Neeson. (2025, 15, 85min) ★★★★
1.20 AM **The Toxic Avenger** Horror comedy with Peter Dinklage. (2023, 18, 102min) ★★★
3.05 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
4.45 **to 6.25** AM **Beast of War** Thriller with Mark Coles Smith. (2025, 15, 87min) ★★★★

Sky Cinema Buddy Films

303 303 403 503 517

6.15 AM **Just Friends** (2005) ★★
7.55 **The Naked Gun** (1988) ★★★★
9.35 **The Naked Gun 2½: The Smell of Fear** (1991, 15) ★★★
11.15 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
12.55 PM **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
2.40 **The 4:30 Movie** (2024) ★★★
4.10 **American Pie** Comedy. (1999, 15, 96min) ★★★★
6.00 **American Pie 2** Comedy sequel. (2001, 15) ★★★

4.10 American Pie

8.00 **American Pie: The Wedding** Comedy sequel starring Jason Biggs and Alyson Hannigan. The old high-school friends rally round when two of the gang get married. (2003, 15, 96min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
9.45 **American Reunion** Comedy sequel starring Jason Biggs. The group of friends get together some 13 years after leaving high school. (2012, 15, 108min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.45 **The Blues Brothers** Comedy from John Landis, starring John Belushi and Dan Aykroyd. (1980, 15, 135min) ★★★★★
2.05 AM **Trading Places** Satirical comedy starring Dan Aykroyd and Eddie Murphy. (1983, 15, 116min) ★★★★★
4.05 **The 4:30 Movie** As 2.40pm.
5.35 **to 7.15** AM **The Breakfast Club** Comedy drama. (1984, 15, 97min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.30 AM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
8.35 **Lost in Translation** Drama. (2003, 15, 102min) ★★★★★
10.20 **Jackie** Biographical drama. (2016, 15, 100min) ★★★★
12.05 PM **Darkest Hour** Period drama. (2017, PG, 122min) ★★★
2.10 **Dunkirk** As 12.40am.
4.00 **The Damned United** Biopic. (2009, 15, 98min) ★★★★
5.45 **It Ends with Us** Drama. (2024, 15, 125min) ★★★
8.00 **Erin Brockovich** Fact-based drama starring Julia Roberts as a single mother who takes a job in a law firm and becomes an unlikely environmental crusader. (2000, 15, 133min) ★★★★
10.15 **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. Arthur Fleck meets the love of his life while incarcerated at Arkham State Hospital. (2024, 15, 138min) ★★★★
12.40 AM **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
2.35 **Two Mules for Sister Sara** Western starring Clint Eastwood. (1969, 15, 114min) ★★★
4.40 **to 6.40** AM **The Bridges at Toko-Ri** Korean War drama. (1954, U, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.25 AM **Arcadian** As 1.25am.
8.05 **Lovely, Dark, and Deep** (2023)
9.45 **Evolution** Sci-fi action comedy. (2001, PG, 101min) ★★★★
11.35 **It** Horror starring Bill Skarsgård. (2017, 15, 135min) ★★★★
2.00 PM **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
3.35 **Godzilla** Hollywood remake of the Japanese monster movie. (1998, PG, 139min) ★★★
6.00 **Riddick** Sci-fi action thriller sequel starring Vin Diesel. (2013, 15, 122min) ★★★
8.00 **28 Years Later** Horror starring Jodie Comer, Aaron Taylor-Johnson and Ralph Fiennes. (2025, 15, 115min) ★★★★
10.00 **Lovely, Dark, and Deep** Horror. starring Georgina Campbell. A ranger travels through a dangerous wilderness, hoping to uncover the origins of a tragedy that has haunted her for years. (2023, 15, 87min) ★★★
11.40 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
1.25 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
3.05 **Out of Darkness** Horror. Subtitled. (2022, 15) ★★★
4.45 **to 6.20** AM **Sick** Horror. (2022, 18, 83min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.30 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
8.00 **Twist** (2021, 12) ★★★★
9.40 **The Karate Kid** Family drama. (2010, PG, 140min) ★★★
12.10 PM **Charlie and the Chocolate Factory** Fantasy. (2005, PG, 115min) ★★★★
2.15 **Pokemon: Detective Pikachu** Fantasy. (2019, PG) ★★★★
4.10 **Matilda** (1996, PG) ★★★★
6.00 **Karate Kid: Legends** Drama. (2025, 12, 94min) ★★★

7.50 The Wizard of Oz

7.50 **The Wizard of Oz** Classic musical fantasy starring Judy Garland as the young Kansas girl who is swept by a twister to the magical land of Oz. With Frank Morgan. (1939, U, 98min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Blueback** Drama starring Mia Wasikowska and Eric Bana. A youngster befriends a wild blue fish and takes on the poachers threatening it. (2022, PG, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Journey to the Center of the Earth** Family adventure starring Brendan Fraser. (2008, PG, 92min) ★★
1.15 AM **Save the Cinema** Drama starring Samantha Morton. (2021, 12, 109min) ★★★
3.15 **The Wiz** Musical with Diana Ross and Michael Jackson. (1978, U, 133min) ★★
5.40 **to 7.30** AM **My Penguin Friend** Drama with Jean Reno. (2024, PG, 98min) ★★★★

Sky Cinema Action

307 307 407 507 521

6.10 AM **White Elephant** Thriller. (2022, 15, 100min) ★★★
7.45 **Vendetta** (2022, 15) ★★
9.25 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
11.15 **Spider-Man** Adventure. (2002, 12, 121min) ★★★★
1.20 PM **Jurassic World** Adventure sequel. (2015, 12) ★★★★
3.30 **The Amazing Spider-Man** Adventure. (2012, 12) ★★★
5.50 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★

10.05 The Italian Job

8.00 **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy starring Margot Robbie. Harley Quinn joins forces with superheroes to save a girl from the clutches of the Black Mask. (2020, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Italian Job** Classic crime caper starring Michael Caine and Noël Coward. An ex-con masterminds a massive bullion robbery in Turin. With Benny Hill. (1969, PG, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
2.00 AM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
4.15 **Sky Cinema Preview**
5.15 **to 7.30** AM **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12, 122min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.05 AM **Alfie** (2004, 15) ★★★
8.55 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
10.30 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
12.25 PM **Role Models** Comedy. (2008, 15, 99min) ★★★★
2.10 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
4.10 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
6.10 **Ted** Comedy. (2012, 15) ★★★★

4.10 Miss Congeniality 2

8.00 **Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The foul-mouthed talking teddy bear fights a court case for the right to be legally recognised as a person. Featuring the voice of Seth MacFarlane. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Daddy's Home 2** Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their own intrusive fathers during the holidays. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Singin' in the Rain** Classic musical starring Gene Kelly. (1952, U, 102min) ★★★★★
1.30 AM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
3.35 **Sky Cinema Preview**
4.20 **to 6.20** AM **Tootsie** Comedy. (1982, 15, 116min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Marlowe** (2022, 15) ★★
7.50 **The Bikeriders** Crime drama. (2023, 15, 116min) ★★★★
9.50 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
12.05 PM **Sherlock Holmes: A Game of Shadows** Action adventure sequel. (2011, 12, 128min) ★★★
2.15 **Collateral** As 12.15am.
4.15 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
6.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★

6.15 Eye in the Sky

8.00 **RocknRolla** Guy Ritchie's crime comedy thriller starring Gerard Butler and Tom Wilkinson. Two East End crooks trigger a feud between a London crime boss and a Russian mobster. With Mark Strong, Idris Elba and Tom Hardy. (2008, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Fatal Attraction** Adrian Lyne's thriller about a married man whose one-night stand won't leave him alone. Stars Michael Douglas, Glenn Close and Anne Archer. (1987, 15, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Collateral** Thriller starring Tom Cruise and Jamie Foxx. (2004, 15, 120min) ★★★★
2.25 **Barber** Mystery starring Aidan Gillen. (2023, 15, 90min) ★★★
4.05 **to 6.00** AM **To Catch a Thief** Hitchcock comedy thriller with Cary Grant and Grace Kelly. (1955, PG, 102min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Animal Farm** Classic animated version of George Orwell's famous political fable. (1954, U, 72min) ★★★★
12.30 PM **Arabesque** Spy thriller. (1966, 12, 105min) ★★★
2.40 **Think Like a Dog** Comedy drama. (2020, PG, 91min) ★★
4.25 **Kindergarten Cop** Comedy thriller. (1990, 15, 111min) ★★★
6.35 **Oblivion** Epic sci-fi adventure. (2013, 12, 119min) ★★★★

9.00 Kingsman: The Golden...

Oblivion (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Kingsman: The Golden Circle** Comedy adventure sequel starring Taron Egerton and Colin Firth. Secret agents Eggsy and Merlin join forces with their US counterparts to bring down a femme fatale. With Pedro Pascal. (2017, 15, 141min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **Monster Hunter** Fantasy starring Milla Jovovich. Captain Artemis and her soldiers are transported to a new world, and engage in a battle for survival against enormous enemies with incredible powers. (2020, 12, 103min) ★★★
1.50 **to 4.00** AM **Pet Sematary** Horror starring Jason Clarke. (2019, 15, 101min) ★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema Valentines

302 302 402 502 516

6.10 AM **Let's Dance** As 1.50am.
8.05 **Funny Girl** As 3.45am.
10.35 **How to Lose a Guy in 10 Days**
12.35 PM **Mascarpone** Italian comedy. Subtitled. (2021, 15, 101min) ★★★
2.25 **Bridget Jones's Diary** Comedy. (2001, 15, 96min) ★★★★
4.05 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger. (2004, 15, 108min) ★★★

5.55 **Bridget Jones's Baby** Comedy sequel. (2016, 15, 123min) ★★★
8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger, Leo Woodall and Chiwetel Ejiofor. (2024, 15, 125min) ★★★★
10.10 **A Nice Indian Boy** Romantic comedy starring Karan Soni and Jonathan Groff. A traditional Indian family come to terms with the fact their son is planning to marry his white artist boyfriend. (2024, 12, 96min) ★★★

11.50 **How to Lose a Guy in 10 Days** Comedy starring Kate Hudson and Matthew McConaughey. (2003, 12, 116min) ★★★
1.50 AM **Let's Dance** Vintage musical. (1950, U, 112min) ★★
3.45 **to 6.15** AM **Funny Girl** Musical. (1968, U, 169min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.35 AM **Streetfighter** As 4.25am.
8.20 **Rumble in the Bronx** (1996)
9.55 **Jurassic Park** Monster thriller. (1993, PG, 127min) ★★★★★
12.05 PM **The Lost World: Jurassic Park** Monster adventure sequel. (1997, PG, 129min) ★★★
2.15 **The Mummy** Adventure starring Brendan Fraser and Rachel Weisz. (1999, 15, 124min) ★★★★
4.20 **Bad Boys** As 11.00pm.

6.20 **Police Academy** Comedy starring Steve Guttenberg. (1984, 15, 95min) ★★★
8.00 **Police Academy 2: Their First Assignment** Comedy sequel starring Steve Guttenberg and Colleen Camp. Six inept recruits are drafted to fight a crime wave. (1985, 12, 87min) ★★
9.30 **Police Academy 3: Back in Training** Comedy sequel starring Steve Guttenberg. The academy is threatened with closure. (1986, PG, 82min) ★

11.00 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
1.00 AM **Rumble in the Bronx** Action comedy. (1996, 15, 89min) ★★★
2.35 **Drunken Master II** Thriller sequel. (1994, 15, 102min) ★★
4.25 **to 6.15** AM **Streetfighter** Action drama. (1994, 12, 102min) ★★

Sky Cinema Animation

305 305 412 500 514

7.20 AM **Rock Dog** As 1.15am.
9.05 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
10.45 **Smallfoot** Animated adventure. (2018, U, 96min) ★★★
12.35 PM **Hotel Transylvania 3: Summer Vacation** Animated sequel. (2018, U, 97min) ★★
2.25 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★

4.00 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
5.50 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
7.40 **Happy Feet** Animated musical. (2006, U, 108min) ★★★★
9.40 **Happy Feet Two** Animated musical comedy sequel with the voice of Elijah Wood. (2011, U, 100min) ★★★
11.30 **Piece By Piece** Animation. (2024, PG, 105min) ★★★
1.15 AM **Rock Dog** Animation. (2016, PG, 90min) ★★★

3.00 **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★
4.25 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
5.55 **to 7.25** AM **10 Lives** Animated comedy. (2024, U, 98min) ★★★

Movies 24

312 313 419

7.00 AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
9.00 **Royal-Ish** Romantic drama. (2025, PG, 84min) ★★
11.00 **Love Hacks** Romantic drama. (2022, PG, 90min) ★★
1.00 PM **Journey to You** Romantic drama. (2025, PG, 84min) ★★
3.00 **PREMIERE** **Lost in Paradise** Drama starring Lacey Chabert. (2026, PG, 84min) ★★

5.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
7.00 **Wish Upon a Wedding** Romantic drama starring Kabby Borders. (2023, PG, 85min) ★★
9.00 **A Whitewater Romance** Drama starring Cindy Busby. At a business retreat, a woman meets a fierce competitor who she is forced to pair up with. (2024, U, 84min) ★★
11.00 **Signed, Sealed, Delivered: To the Moon and Back** Mystery drama. (2025, PG, 90min) ★★

1.00 AM **Signed, Sealed, Delivered: A Tale of Three Letters** Mystery. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Been There All Along** Romantic drama. (2023, PG, 89min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **The Monkey's Paw** (1948)
7.15 **Sandokan: Pirate of Malaysia** Adventure. (1964, PG) ★★
9.25 **The Naked Hills** (1956, U) ★★
10.55 **The Beverly Hillbillies** (S2)
11.25 **Biggles: Adventure in Time** Adventure. (1986, PG) ★★
1.15 PM **Batman** 50/60. (S2)
1.45 **Any Man's Kingdom 1956**
2.10 **For Those in Peril** War drama. (1944, b/w, PG, 64min) ★★

3.30 **Give Us a Clue**
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **Hannay** 1/6. (S1)
7.00 **That's My Boy** 1/6. (S1)
7.30 **The Vise** 37/39. (S1)
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 3/13. (S3)
9.10 **Turn the Key Softly** Drama. (1953, b/w, PG, 83min) ★★
10.45 **The Nudist Story** Romantic comedy. (1960, 15, 90min) ★★
12.35 AM **The Heritage Chart Show**

1.40 **Blonde Fist** Boxing drama. (1991, 15, 102min) ★★
3.45 **Every Day Except Christmas** Documentary. (1957, U) ★★
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 6/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Men's T20 World Cup New Zealand v Afghanistan.** Coverage of the Group D match from MA Chidambaram Stadium.
9.00 **LIVE Men's T20 World Cup England v Nepal.** The Group C match from Wankhede Stadium.
1.00 PM **LIVE Super Sunday Brighton v Crystal Palace.** The Premier League match from the Amex Stadium. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Liverpool v Manchester City.** The Premier League encounter from Anfield. Kick-off **4.30pm**.
8.00 **LIVE PGA Tour Golf** Coverage of day four of the WM Phoenix Open at TPC Scottsdale, as Belgium's Thomas Detry looks to defend the title he won last year.
10.00 **LIVE Super Bowl LX Seattle Seahawks v New England Patriots.** The showpiece match at Levi's Stadium. Kick-off **11.30pm**. *See feature, page 27.*
4.00 AM **Sky Sports Catch Up**
5.00 **to 6.00** AM **LIVE Men's T20 World Cup Scotland v Italy.** Coverage of the Group C match at Eden Gardens.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **Premier League Highlights**
9.00 **The Sunday Supplement**
11.00 **Super Sunday Matchday**
1.00 PM **LIVE Super Sunday Brighton v Crystal Palace.** The Premier League match from the Amex Stadium. Kick-off **2.00pm**.
4.00 **LIVE Super Sunday Liverpool v Manchester City.** Coverage of the Premier League match staged at Anfield. City claimed an impressive 3-0 win in November's reverse fixture at Etihad Stadium thanks to goals by Erling Haaland, Nico Gonzalez and Jeremy Doku, but Liverpool will expect to perform better in front of their own fans having won 2-0 here last season. Kick-off **4.30pm**.
8.00 **The Big Interview**
8.30 **FNF** Action from Leeds United v Nottingham Forest at Elland Road.
9.00 **Premier League Highlights** Arsenal v Sunderland.
9.30 **SNF** Newcastle v Brentford.
10.00 **Premier League Highlights**
2.00 AM **Premier League Stories**
2.30 **The Big Interview**
3.00 **PL Greatest Games**
4.00 **Best PL Goals 97/98**
5.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL Highlights**
11.30 **LIVE EFL Swansea City v Sheffield Wednesday.** Coverage of the Championship match staged at Swansea.com Stadium. Goals by Zan Vipotnik and Ronald gave the Swans a 2-0 win in August's reverse fixture at Hillsborough, and the Owls have continued to find wins hard to come by since then. Kick-off **12.01pm**.
2.30 PM **EFL Cup Highlights**
3.30 **EFL Highlights**
5.30 **EFL Cup Highlights**
6.30 **EFL Highlights** Preston North End v Portsmouth at Deepdale. **6.45** Highlights from West Bromwich Albion v Stoke City.
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **EFL** A chance to see Swansea City v Sheffield Wednesday staged at Swansea.com Stadium.
10.00 **WSL** Arsenal v Manchester City.
10.30 **EFL Championship Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2016/17 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Men's T20 World Cup New Zealand v Afghanistan.** Coverage of the Group D match from MA Chidambaram Stadium.
9.00 **LIVE Men's T20 World Cup England v Nepal.** Coverage of the Group C match staged at Wankhede Stadium in Mumbai. England won this competition for the second time in 2022 and reached the semi-finals when defending the title two years ago. They will expect to get this year's tournament off to a winning start against Nepal, who were eliminated at the group stage in 2024 without winning a match.
1.00 PM **LIVE Men's T20 World Cup Sri Lanka v Ireland.** Coverage of the Group B match staged at R Premadasa Stadium in Colombo.
5.00 **Best of England v South Africa**
5.15 **Best of ICC WT20**
6.00 **Men's T20 World Cup**
10.00 **Best of England v South Africa**
10.15 **Best of ICC WT20**
10.30 **Men's T20 World Cup**
5.00 **to 6.00** AM **LIVE Men's T20 World Cup Scotland v Italy.** Coverage of the Group C match at Eden Gardens.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
8.30 **LIVE DP World Tour Golf** Coverage of day four of the Qatar Masters held at Doha Golf Club.
1.30 PM **Beyond the Scorecard**
2.00 **Icons Series Golf**
4.00 **LIVE PGA Tour Golf** Coverage of the early stages of the fourth day of the WM Phoenix Open held at TPC Scottsdale in Arizona.
5.00 **LIVE PGA Tour Golf** Further coverage of day four of the WM Phoenix Open staged at TPC Scottsdale, Arizona, as Belgium's Thomas Detry looks to defend the title that he won last year.
11.00 **Beyond the Scorecard**
11.30 **HotelPlanner Tour Golf**
12.00 M'T **DP World Tour Golf**
2.00 AM **The Open – Official Films**
3.00 **PGA Tour Golf** Phoenix Open.
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tennis** Montpellier Open.
10.00 **LIVE WTA Tennis** Coverage of day one of the WTA Doha Open from Khalifa International Tennis and Squash Complex in Qatar.
2.00 PM **LIVE ATP Tennis** Coverage of the ATP Montpellier Open final staged at Sud de France Arena.
4.00 **LIVE WTA Tennis** Further coverage of day one of the WTA Doha Open at Khalifa International Tennis and Squash Complex.
8.00 **ATP Tour This Week**
8.30 **ATP Tennis** Montpellier Open.
10.30 **ATP Tour This Week**
11.00 **WTA Tennis** Recent finals.
2.00 AM **Bitesize Tennis** Highlights.
3.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **LIVE Isuzu UTE A-League Adelaide United v Newcastle Jets.** Coverage of the Australian top-flight match from Coopers Stadium. Kick-off **6.00am**.
8.00 **Premier League**
9.30 **Crouchy and Cole**
9.45 **Women's Cycling**
10.45 **LIVE Cycling** Coverage of stage four of the women's UAE Tour.
12.45 PM **LIVE Cyclocross** Coverage from the women's cyclocross trophy in Lille, France.
2.00 **FA Cup: The People's Story**
2.30 **LIVE Premiership Women's Rugby Harlequins v Exeter Chiefs.** Coverage from Twickenham Stoop. Kick-off is at **3.00pm**.
5.15 **TNT Sports Reload**
5.30 **Fishing: On the Bank**
6.30 **Isuzu UTE A-League**
7.30 **LIVE Serie A Juventus v Lazio.** Coverage of the Italian top-flight match from Allianz Stadium. Kick-off **7.45pm**.
9.45 **UFC** Bautista v Oliveira.
12.45 AM **UFC Main Event**
2.45 **Training Day** MLB insight.
3.00 **UFC Main Event**
5.00 **to 6.00** AM **Cyclocross**

TNT Sports 2

411 414 522 409 431

6.00 AM **Winter Olympic Games**
8.00 **Buongiorno Milano**
9.00 **LIVE Winter Olympic Games – Snowboarding** Coverage of the qualifying of the women's and men's parallel giant slalom. **10.00 Alpine Skiing** Coverage from the women's downhill event at Tofane Alpine Skiing Centre. **12.45** PM Day two coverage. **1.30 Curling Great Britain v Switzerland.** The mixed doubles match staged at Cortina Curling Olympic Stadium. **3.45 Luge** Coverage of the third run of the men's singles event. **4.45** Day two coverage across Lombardy and Northeast Italy. **5.30 Luge** Coverage from the fourth run of the men's singles. **6.30 Snowboarding** Qualifying of the women's big air event staged at Livigno Snow Park. **8.45 Figure Skating** Coverage from day three of the team event from Milano Ice Skating Arena.
10.30 **Ciao Cortina** The latest news.
11.00 **Winter Olympic Games**
2.00 AM **Ciao Cortina**
2.30 **Winter Olympic Games**
5.30 **to 6.00** AM **Ciao Cortina**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **Super Bowl Daily**
8.00 **NFL: America's Game**
10.00 **The NFL Honours**
12.00 NOON **NFL Highlights** Denver Broncos v New England Patriots in the AFC Championship. **1.00** PM Action from Seattle Seahawks v Los Angeles Rams in the NFC Championship.
2.00 **NFL Gameday** Build-up.
10.00 **LIVE Super Bowl LX Seattle Seahawks v New England Patriots.** Coverage of the showpiece NFL match staged at Levi's Stadium in Santa Clara. This is the second time these teams have met in the Super Bowl having previously faced each other in 2014, when the Patriots lifted the Vince Lombardi Trophy following a 28-24 victory. That was the fourth of their six overall championship victories, and if they succeed this time around they will become the most successful franchise in NFL history by surpassing the Pittsburgh Steelers, who also boast six titles. Kick-off **11.30pm**. *See feature, page 27.*
4.00 AM **NFL Bitesize Highlights**
5.00 **to 6.00** AM **NFL Highlights**

Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
9.00 **The Sunday Supplement**
11.00 **LIVE WSL Arsenal v Manchester City.** Coverage of the top-flight match staged at the Emirates Stadium. Arsenal suffered their first defeat of the campaign when they were beaten 3-2 by the Citizens back in October, and City have continued to enjoy an excellent season so far as they look to end Chelsea's stranglehold on the league title. Kick-off **12.00noon**.
2.30 PM **LIVE WTA Tennis** Coverage of day one of the WTA Doha Open, a hard-court tournament held at Khalifa International Tennis and Squash Complex in Qatar.
8.00 **LIVE NBA Basketball Minnesota Timberwolves v Los Angeles Clippers.** Coverage of the Western Conference match at Target Center. Tip-off **8.00pm**.
10.30 **Sky Sports Catch Up**
1.00 AM **PGA Tour Golf** Action from the 2025 Valspar Championship. **2.00** The 2022 AT&T Pebble Beach Pro-Am in California.
3.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Mix

416 412 510 429 449

6.00 AM **WTA Tennis** Highlights.
10.00 **NFL Highlights**
11.00 **LIVE WSL** Simultaneous coverage of Women's Super League matches, as viewers get to see all the goals as they happen. Kick-offs are at **12.00noon**.
2.30 PM **WSL** Action from Leicester City v Manchester United.
3.00 **NFL Highlights**
4.00 **Super Bowl LV Highlights**
8.00 **NFL Highlights** Action from Seattle Seahawks v Los Angeles Rams in the NFC Championship. **9.00** Highlights from Denver Broncos v New England Patriots in the AFC Championship.
10.00 **LIVE Super Bowl LX Seattle Seahawks v New England Patriots.** Coverage of the showpiece NFL match from Levi's Stadium. This is the second time these teams have met in the Super Bowl having previously faced each other in 2014. Kick-off **11.30pm**. *See feature, page 27.*
4.00 AM **NFL Bitesize Highlights**
5.00 **to 6.00** AM **NFL Highlights**

TNT Sports 3

413 415 523 410 432

6.00 AM **LIVE Snooker World Grand Prix** The opening session of the final from Kai Tak Arena.
8.00 **Cyclocross** In Middelkerke.
9.00 **TNT Sports Reload**
9.30 **LIV Golf** From Riyadh.
11.00 **LIVE Snooker World Grand Prix** The second session of the final at Kai Tak Arena, Hong Kong.
2.00 PM **Fishing: On the Bank**
3.00 **LIVE Men's Cycling Pro Series** Stage five of the Tour of Valencia.
4.15 **Ultimate Pool** Highlights.
5.45 **LIVE FIM X-Trial World Championship** The seventh event of the season in Barcelona.
7.15 **TNT Sports Reload**
7.30 **The WRC Magazine**
8.00 **Cycling** Event highlights.
11.00 **Premiership Women's Rugby**
12.00 M'T **Isuzu UTE A-League**
1.00 AM **Serie A** Juventus v Lazio.
2.00 **Cycling** Event highlights.
4.00 **TNT Sports Reload**
4.30 **to 6.00** AM **Ultimate Pool**

TNT Sports 4

414 416 524 411 434

6.00 AM **Formula E Highlights**
7.00 **PREM Rugby Cup**
8.00 **LIVE Winter Olympic Games – Snowboarding** Qualifying for the parallel giant slalom events. **10.00 Curling Norway v Czech Republic.** Mixed doubles match. **11.15 Cross Country Skiing** Men's 10km and 10km skiathlon. **12.45** PM **Biathlon** Coverage from the mixed relay 4x6km. **2.45 Speed Skating** Coverage from the men's 5,000km. **5.00 Ice Hockey France v Sweden.** Women's preliminary. **6.00 Curling Italy v Great Britain.** Mixed doubles game. **8.00 Ice Hockey Czech Republic v Finland.**
10.45 **TNT Sports Reload**
11.15 **Kenny Allstar's Number 1's**
11.30 **Ultimate Pool** Highlights.
1.00 AM **Fishing: On the Bank**
2.00 **The WRC Magazine**
2.30 **to 6.00** AM **Champions League**

Premier Sports 1

419 551

6.00 AM **Asian Le Mans Series**
8.00 **Top 14 Rugby Union Highlights**
8.30 **LaLiga** Barcelona v Mallorca.
10.30 **Africa Eco Race**
11.00 **LaLiga** Sevilla v Girona.
1.00 PM **Football's Greatest**
1.30 **LIVE Scottish Cup Football Rangers v Queen's Park.** Coverage of the fifth-round tie from Ibrox. Kick-off **2.00pm**.
4.30 **Football's Greatest**
5.00 **Africa Eco Race**
5.15 **LaLiga Match Highlights**
5.25 **LIVE LaLiga Atlético Madrid v Real Betis.** Coverage of the Spanish top-flight encounter. Kick-off **5.30pm**.
7.30 **LaLiga Match Highlights**
7.55 **LIVE LaLiga Valencia v Real Madrid.** From the Mestalla. Kick-off **8.00pm**.
10.00 **Sporting Greats**
11.00 **LaLiga** Two match replays.
3.00 AM **Sporting Countdowns**
4.00 **to 6.00** AM **LaLiga**

Premier Sports 2

420 552

6.00 AM **NHL Ice Hockey**
8.00 **LaLiga** A match replay.
10.00 **Scottish Cup Football**
11.55 **Football's Greatest**
12.55 PM **LIVE LaLiga Alavés v Getafe.** Coverage of the Spanish top-flight match from Mendizorrotza. Kick-off **1.00pm**.
3.00 **LaLiga Match Highlights**
3.10 **LIVE LaLiga Athletic Bilbao v Levante.** The Spanish top-flight match staged at San Mamés. Kick-off **3.15pm**.
5.15 **LaLiga Match Highlights**
5.30 **NASCAR** Cook Out Clash.
6.30 **Football's Greatest**
7.00 **Eredivisie** Another chance to see FC Utrecht v Feyenoord. **9.00** AZ Alkmaar v Ajax.
11.00 **Temples of Sport**
11.30 **LaLiga** Another chance to see Rayo Vallecano v Real Oviedo.
1.30 AM **NHL Ice Hockey**
3.30 **Champions Cup**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 1** São Paulo Grand Prix.
10.45 **F1 Classic Races** Archive action.
12.30 PM **F1 Classic Races** A look back at the 2008 Italian Grand Prix. **2.30** Another chance to see the 2012 Brazilian Grand Prix. **4.45** The 2008 Monaco Grand Prix staged at Circuit de Monaco.
7.15 **F1 Classic Races** A look back at the 2011 Canadian Grand Prix. **10.15** Another chance to see the 1993 European Grand Prix.
11.00 **F1 Classic Races** Archive action.
12.00 M'T **to 6.00** AM **The Best of F1**

Monday

9 February

Evening Planner

Winter Sports

Winter Olympics
BBC1/2, TNT Sports, Discovery+, from 9am
Ski-jumper Ryoyu Kobayashi of Japan will be looking to defend his title today in the men's normal-hill individual event.

Crime Drama

Silent Witness
BBC1, 9pm
Nikki (Emilia Fox), Jack and the team investigate an apparently racially-motivated case. Continues tomorrow.

Factual

Guy Martin's House Without Bills
C4, 9pm
Cameras follow Guy as he works on a self-sufficient home in Greater Manchester.

Comedy

Small Prophets
BBC2, 10pm (times vary) (box set, BBC iPlayer)
Pearce Quigley and Lauren Patel star in this comedy written by Mackenzie Crook.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Knife Crime: What Happened to Our...		9.00 Silent Witness		10.00 News; Local News	10.40 Industry
	102 BBC2	◂ 5.15 Winter Olympics – Live: Further coverage of day three from Italy						10.00 Small Prophets	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Fletchers'...	8.00 Emmerdale	8.30 Coronation...	9.00 Betrayal		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie's Feasts for a Fiver		9.00 Guy Martin's House Without Bills			10.30 Concorde...
	105 5	7.00 Police Interceptors		8.00 Motorway Cops: Catching Britain's...		9.00 Platoon 24/7: Preparing for War			10.30 999: Police...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 Film: The Matrix			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 Film: Bill			9.00 The Traitors Ireland			
	116 BBC4	7.00 Wild China		8.00 Call My Bluff	8.30 Face the Music	9.00 Do We Really Need the Moon?		10.00 Cosmonauts: How Russia Won the...	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 The 1% Club	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Our Farm Next Door: Amanda, Clive...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Caught on Dashcam		9.00 Law & Order: Criminal Intent		10.00 The Equalizer	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 A Knight of the Seven...	9.40 The Last of Us		
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army			9.00 dinnerladies			10.15 Not Going Out
	111 U&DAVE	7.00 Would I Lie to You?	7.45 Richard Osman's House of Games			9.00 QI XL		10.00 Will & Ralf Should Know Better	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 The Motorbike Show		9.00 Film: Under Siege 2			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray: Beautiful British Tour – Live at the O2			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.05 The Leftovers	
	113 SKY MAX	7.10 Stargate SG-1		8.10 Never Mind the Buzzcocks		9.00 The 90s: Cinema's Greatest Decade		10.00 An Idiot Abroad	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Songs from My Heart					10.30 Mozart's Sister
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 The Supervet				10.00 One Born Every Minute	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers		8.00 Scrapyard Dynasty		9.00 Secrets Underground		10.00 Ancient Unexplained Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 Air Jaws: Night Stalker		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Yukon Rescue	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 American Pickers		9.00 Gold Wars Downunder		10.00 Hells Angels: Kingdom Come	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Wilderness with Simon Reeve		9.00 Indian Ocean with Simon Reeve		10.00 Bangers & Cash	
	121 SKY DOCS	7.10 The Jinx: The Life and Deaths...		8.00 Black Widow					
FILMS - Sky Cinema	301 PREMIERE	◂ 6.20 Reckless		8.00 M3GAN 2.0				10.10 Neighborhood Watch	
	302 VALENTINES	◂ 6.15 In & Out		8.00 Miss Congeniality				10.00 Miss Congeniality 2: Armed and...	
	303 BUDDY FILMS	◂ 6.00 Ted		8.00 Ted 2				10.00 The Blues Brothers	
	304 GREATS	◂ 6.00 Singin' in the Rain		8.00 Shirley Valentine			9.55 Sixteen Candles		
	305 ANIMATION	◂ 5.40 Monster...	7.25 Monster Family 2			9.20 Dragon Rider			
	306 FAMILY	◂ 6.00 Peter Rabbit	7.45 The SpongeBob Movie: Sponge Out of Water			9.25 IF			
	307 ACTION	◂ 5.40 Spider-Man 3		8.00 Jurassic World: Fallen Kingdom				10.15 Jackie Chan's First Strike	
	308 COMEDY	◂ 6.15 Just Friends		8.00 Yesterday				10.05 Click	
	309 THRILLER	◂ 5.50 Dog Day Afternoon		8.00 The Accountant				10.10 Sleepers	
	310 DRAMA	◂ 5.50 Cool Hand Luke		8.00 The King's Speech				10.00 A Star Is Born	
	311 SCI-FI	◂ 5.55 Back to the Future		8.00 Back to the Future Part II				10.00 Back to the Future Part III	
	313 FILM4	◂ 6.50 Romancing the Stone				9.00 Bad Boys for Life			
SPORT	401 MAIN EVENT	◂ 5.00 Tennis – Live	7.30 EFL – Live: Sheffield United v Middlesbrough (Kick-off 8.00)						10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Ref Watch	8.30 PL Stories	9.00 PL Review		10.00 Ref Watch	10.30 PL Stories
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL – Live: Sheffield United v Middlesbrough (Kick-off 8.00)						10.30 Bundesliga...
	405 CRICKET	7.00 ICC Men's T20 World Cup							
	410 TNT SPORTS 1	◂ 6.00 Premier...	7.30 Serie A – Live: AS Roma v Cagliari (Kick-off 7.45)				9.45 Premier League Netbusters		10.30 Isuzu UTE...
	411 TNT SPORTS 2	◂ 6.15 Winter Olympic Games – Live: Coverage of Snowboarding and Figure Skating at 7.45							10.30 Ciao Cortina

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 **LIVE Winter Olympics** Hazel Irvine presents coverage of day three from Italy, featuring the men's team combined downhill event and freestyle skiing. *Coverage continues on BBC2.* (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Winter Olympics** Further coverage of the events on day three from Italy. The women's 1,000m final takes place at Milano Speed Skating Stadium, while the men's individual ski jumping gets under way at Predazzo. *Coverage continues on BBC2.* (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Silent Witness

7 PM

7.00 The One Show Alex Jones and Roman Kemp present the topical show. (S)
7.30 EastEnders A worrying situation arises for the Panesars, Honey tries to backtrack, and Zoe asks for help from an unlikely source. (S)(AD)

8 PM

8.00 NEW Knife Crime: What Happened to Our Boys? Frankie McCamley reports on two teenagers from south-east London murdered in knife attacks, and talks to the boys' mothers, who feel failed by the authorities. (S)

9 PM

9.00 Silent Witness New episode *The Enemy Within – Part One:* 3/10. The forensic crime team look into a fatal stabbing that appears to have been racially motivated in Birmingham. (S29) (S)(AD)
■ Continues tomorrow

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 Industry New episode *Eyes Without a Face:* 5/8. SternTao's short position on Tender remains in the red, and as they scramble for ways to keep going, Harper is blindsided by devastating personal news. (S4) (S)(AD)
11.40 The Traitors Ireland 7/12. At breakfast, the players speculate that the Traitors may have seduced someone, but Siobhán McSweeney has a shocking twist in store. (S)(R)
12.30 AM 8/12. The Traitors try to rebuild as suspicions and accusations run rife, and an ancient curse wreaks havoc. (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.20 AM **Bargain Hunt** (S)(R)(AD)
7.05 **Sign Zone: The Repair Shop** (S)(R)
8.05 **Match of the Day** (S)(R)
9.00 **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Dr Xand's Con or Cure** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **LIVE Winter Olympics** Jeanette Kwakye presents further coverage of day three from Italy, where the inaugural men's combined event concludes in Bormio. *Coverage continues on BBC1.* (S)
2.00 **Politics Live** (S)
2.45 **Unbeatable** Quiz show. (S)(R)
3.30 **Escape to the Country** Ginny Buckley helps a couple to find a home in Carmarthenshire. (S)(R)
4.30 **Flog It!** A visit to Coventry's Transport Museum. (S)(R)

10.00 Small Prophets

5.15 LIVE Winter Olympics Clare Balding presents the concluding coverage of day three of the 25th staging of the Games, with events taking place in Cortina and Milan, Italy. Great Britain's Mia Brookes is expected to be taking on reigning champion Anna Gasser in the women's big air snowboarding final at Livigno Snow Park. There is also British interest in the rhythm dance discipline of the ice dance at Milano Ice Skating Arena, with Lilah Fear and Lewis Gibson beginning their campaign to win Team GB's first figure skating medal since Jayne Torvill and Christopher Dean earned bronze in Lillehammer in 1994. Plus, semi-final action from the curling's mixed doubles tournament at Cortina Curling Olympic Stadium. (S)

10.00 NEW SERIES Small Prophets 1/6. Comedy by Mackenzie Crook, starring Michael Palin and Pearce Quigley. *See feature, page 8.* (S1) (S)(AD)
■ Entire series on BBC iPlayer
10.30 Newsnight (S)
11.00 What We Do in the Shadows New episodes 8/11. Colin and Nadja have a couples' night with an old friend. (S)(AD)
11.25 9/11. The vampires are blamed for a murder. (S6) (S)(AD)
11.50 **FILM Deliverance** Thriller starring Jon Voight and Burt Reynolds. (S) (1972, 18, 105min) ★★★★★
1.35 AM **Sign Zone: Countryfile** (S)(R)
2.30 **Sign Zone: Death in Paradise** (R)
3.30 **Sign Zone: Question Time** (S)(R)
4.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team head to Stoke-on-Trent, where items include a broken toy found in a house clearance that has bidders clamouring to buy it. (S)(R)(AD)
3.00 **NEW SERIES Riddiculous** Ranvir Singh returns with the quiz. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Kez takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Betrayal

7.30 Fletchers' Family Farm It's all hands on deck as the Fletchers gather in their expanded flock for an essential health check, and Kelvin has his sights set on some impressive livestock when he visits a local cattle breeder. (S)(R)(AD)
8.00 Emmerdale Dylan confesses to April, and Victoria feels guilty. (S)(AD)
8.30 Coronation Street Jodie reintroduces Shona to their estranged father, and Gemma advises Bernie to be honest with Dev. (S)(AD)
9.00 Betrayal New episode *Ordinary Milk:* 2/4. John becomes convinced there is a cover-up permeating to the highest level, while his relationship with Claire is on thin ice. (S1) (S)(AD)
■ Entire series on ITVX
10.00 ITV News (S)
10.30 Local News (S)
10.45 The Murder of Olly Stephens: Social Media Murders 3/3. When 13-year-old Olly Stephens was ambushed in a park in Reading by two teenage boys, the evidence pointed to the attack having been planned on social media. (S)(R)(AD)
11.45 **Millionaire Hot Seat** Quiz show hosted by Jeremy Clarkson. (S)(R)
12.10 AM **Teleshopping**
3.00 **Shark! Celebrity Infested Waters** 1/5. Famous faces head to the Bahamas to swim with man-eating sharks. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 7-9/26. (S8) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 9-12/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Outdoor enthusiast Victoria sets out to build an alpine hotel in Bulgaria. (S)
5.00 **Chateau DIY: Win the Dream** New edition Heat three begins as four new pairs arrive at the French château. (S)(AD)
6.00 **A Place in the Sun** New edition A couple hope to find their perfect holiday home in Fuengirola on Spain's Costa del Sol. (S)

8.00 Jamie's Feasts for a Fiver

7.00 News (S)
8.00 Jamie's Feasts for a Fiver New edition 5/6. Jamie Oliver shares recipes for a chicken, sausage and white bean bake, aubergine noodles and a treacle tart. Plus, guest cook Patricia Chung makes Burmese fish noodle soup. (S)(AD)
9.00 NEW Guy Martin's House Without Bills The engineer investigates how to make homes cheaper to heat, working on a project to turn a typical 1930s semi into one of the most energy-efficient homes in Britain. (S)(AD)
10.30 Concorde: The Race for Supersonic 1/2. A look at the story of the race to build the world's first supersonic airliner. (S)(R)(AD)
11.30 **Concorde: The Race for Supersonic** 2/2. The decline in supersonic flight. (S)(R)(AD)
12.30 AM **NEW Walter Presents: Arctic Circle** 1/5. Finnish crime drama. Subtitled. (S4)
■ Entire series on C4 Streaming
1.30 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
2.20 **Frontline: Our Soldiers Facing Putin** Documentary. (S)(SL)(R)
3.15 **Location, Location, Location** (R)
4.10 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** *Where Eagles Dare:* 6/6. A man is attacked after trying to sell a rare trinket. (S4) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Chip shop owner Caroline races to redecorate her business. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition 6/10. A look at the colony of Atlantic puffins on St Kilda. (S)
6.05 **The Motorway** Boy racers crash a car in Rochdale. (S)(R)
6.55 **News** (S)

9.00 Platoon 24/7

7.00 **Police Interceptors** Officers raid a suspected drug dealer's house and find what appears to be three bags of heroin in the next-door neighbour's garden. (S)(R)
7.55 **News** (S)
8.00 **Motorway Cops: Catching Britain's Speeders** New edition Reports come in of a cloned car and when officers pull the vehicle over, the driver doesn't have a licence or insurance. (S)
9.00 **Platoon 24/7: Preparing for War** New edition 2/3. The soldiers start training for Eastern European combat and their first challenge is urban warfare, where new corporal Jack Sherborne leads an assault on a mock-up village. (S)
10.30 **999: Police Hour of Duty** Officers attend a notorious pub where a man has been found with facial wounds following an assault, but none of the customers admit to having seen anything. (S)(R)
11.30 **Traffic Cops** Officers go in pursuit of a suspected stolen vehicle believed to be using fake number plates. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S2) (S)(R)(AD)
3.45 **World's Most Scenic Railway Journeys** From Spain. (S)(R)
4.35 **The Highland Vet** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 14/18. (S4) (S)(R)(AD)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *Homer Defined:* Homer saves Springfield from a nuclear meltdown and becomes a local hero. (S)(R)
5.30 **The Office (US)** 16/22. The staff members plan festivities for Valentine's Day. (S)(R)
6.00 17/22. Dwight is named salesman of the year. (S)(R)
6.30 18/22. Michael strikes up a peculiar new friendship with a five-year-old girl. (S2) (S)(R)

9.00 The Matrix

7.00 **The Simpsons** *I Married Marge:* Homer reminisces the ups and downs of his life with Marge. (S)(R) **7.30** *Homer Scissorhands:* Homer discovers a talent for styling hair and decides to open his own salon. (S)(R)
8.00 **Whale with Steve Backshall** 4/4. Steve returns home and travels around the British Isles to follow stories of survival and meet the people striving to give whales and dolphins a safe future. (S)(R)
9.00 **FILM The Matrix** Sci-fi action thriller starring Keanu Reeves, Laurence Fishburne and Carrie-Anne Moss. A computer hacker learns that he is destined to save humanity from enslavement by a network of artificially intelligent computers. With Hugo Weaving and Joe Pantoliano. (S) (1999, 15, 136min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.30 **The Essex Murders** 1/3. Documentary about the killing of three notorious criminals known as the Essex Boys, who were shot dead in 1995. (S)(R)
12.30 AM **The Force: North East** Officers race to save a man threatening to kill himself. (S)(R)
1.30 **Road Wars** Double bill. (R)
3.00 **S.W.A.T.** 14/18. (S4) (S)(R)(AD)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.40pm Sportscene: SWPL Highlights (S)(R) **12.10am** Scotcast (S)(R) **12.40** The Traitors Ireland (S)(R) **2.20** Weather for the Week Ahead (S) **2.25-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm House of the Year Series finale (S) **8.30-9.00** Amanda & Alan's Greek Job (S)(R) **10.40** The Traitors Ireland (S)(R) **12.20-1.20am** Knife Crime: What Happened to Our Boys? New edition (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.00pm Scrum V Top 5s (S) **8.30-9.00** Bear Grylls: Wild Reckoning New edition (S) **10.40** NEW Knife Crime: What Happened to Our Boys? (S) **11.40** Industry (S)(R)(AD) **12.40-1.20am** The Truth About My Murder (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Cumasc: Seisiúin sa Black Gate New edition (S) **11.00** NEW SERIES Small Prophets (S)(AD) **11.30** What We Do in the Shadows New episodes (S)(AD) **12.20am** Barra on the Foyle (S)(R) **12.35-1.35am** Sign Zone: Gladiators (S)(SL)(R)(AD)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Iaith ar Daith (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Canu gyda Fy Arwr **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar New edition **8.25** Ciao! Colleen Ag Owain New edition (AD) **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.35** Sgorio **10.05** Troseddau Cymru Gyda Sian Lloyd (AD) **11.05-11.30pm** Ar Led

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall goes on the trail of the saw-scaled viper in India.
7.30 **FILM Bill** Historical comedy starring Mathew Baynton and Helen McCrory. William Shakespeare leaves his family to pursue his dreams, but gets caught up in a plot to blow up the queen. (2015, PG, 92min) ★★★
9.00 **The Traitors Ireland** New editions 7/12. Siobhán McSweeney has a shocking twist in store for the players. **9.50** 8/12. The Traitors try to rebuild as suspicions and accusations run rife.
10.40 **FILM The Notebook** Melodrama starring Rachel McAdams and Ryan Gosling. (2004, 12, 124min) ★★★
12.40 AM **FILM The Last Letter from Your Lover** Romantic drama with Shailene Woodley. (2021, 12, 110min) ★★★
2.20 **Things You Should Have Done** 6/6. Comedy. (S2)
2.50 **to 3.50** AM **Fake Friend: The Ticket Scammer**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Wild China** Ruined trade cities outside the Great Wall.
8.00 **Call My Bluff** With Jilly Cooper, Quentin Bell, Lesley-Anne Down and Anthony Valentine.
8.30 **Face the Music** With Valerie Pitts, Robin Ray and John Julius Norwich.
9.00 **Do We Really Need the Moon?** Maggie Aderin-Pocock explores Earth's relationship with its satellite, using computer-generated imagery to explain why the Moon plays a key role in sustaining life on the planet.
10.00 **Cosmonauts: How Russia Won the Space Race** Documentary examining the Soviet Union's pioneering role in space exploration, which is often downplayed due to America's victory in the race for the Moon.
11.30 **Horizon: Mir Mortals**
12.20 AM **Do We Really Need the Moon?** As 9.00pm.
1.20 **How to Build a Dinosaur**
2.20 **Face the Music**
2.50 **to 3.50** AM **Wild China**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A couple look for a property on the Greek island of Naxos.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend work to restore a 1997 Lotus Elise belonging to a cancer patient. **6.55** Tim and Fuzz restore a rare French classic car – a 1972 Peugeot 504 cabriolet.
7.55 **The Dog House** Doting owners Yvonne and Graham think their sausage dog Baxter needs a buddy and have their eyes on fellow sausage Tinkerbell.
9.00 **Our Farm Next Door: Amanda, Clive and Kids** New edition The Owens prepare for Clive's 70th birthday, Amanda worries about a premature newborn calf, and the underfloor heating is finally fired up.
10.00 **24 Hours in A&E** Cameras follow a 28-year-old woman who is rushed to A&E after being flung from a go-kart at high speed.
11.05 **24 Hours in A&E**
12.10 AM **Our Farm Next Door: Amanda, Clive and Kids**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped's Deep South Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Froggy shares memories with Rex as they scatter Grace's ashes.
7.30 **The Simpsons** *Every Man's Dream:* Homer and Marge have a trial separation.
8.00 **First Dates** Adventure swimmer Lindsey is paired with Sicilian chef Stefano, while party-loving DJ Bear is matched with nanny Hollie.
9.00 **Gogglebox** Opinions on *Vigil*, *Ready to Mingle* and *Beat the Chasers*.
10.00 **Gogglebox** Views on *The Great British Bake Off*, *Vigil* and *Changing Rooms*
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction**
1.15 **First Dates**
2.15 **Gogglebox**
3.10 **Naked Attraction**
4.05 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Monday primetime

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 10/22. (S5)
1.00 PM **The Rookie** (S6)
3.00 **Watson** 11/13. John must confront a traumatic event from his army days. (S1)
4.00 **Law & Order: Criminal Intent** 14/22. A financier's family is kidnapped. (S1)
5.00 **Nothing to Declare**

10.00 The Equalizer

7 PM

7.00 **Police 24/7** A police officer finds himself in a dilemma concerning a man and a stolen gun.

8 PM

8.00 **Caught on Dashcam** Outrageous road disasters captured via dashboard cameras.

9 PM

9.00 **Law & Order: Criminal Intent** *Folie a Deux:* 7/16. Goren and Eames try to find a missing baby. Guest stars Piper Perabo. (S8)

10 PM

10.00 **The Equalizer** *The Milk Run:* 5/10. McCall tries to track down a British mathematician who has gone missing. (S1)
11.00 **The Rookie** 11/22. (S4)
12.00 M'T **FBI** 9/22. (S5)
1.00 AM **Law & Order: Criminal...**
2.00 **The Rookie** 10/10. (S6)
3.00 **Law & Order: Criminal Intent**
4.00 **Road Wars**
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Boardwalk Empire** (S5)
10.15 **The Sopranos** (S4)
12.50 PM **Game of Thrones** (S6)
1.55 **The Wire** 12&13/13. (S4)
4.35 **Westworld** 6/8. Serac gains control of Delos, and Maeve gets one last chance to stop Dolores. (S3)
5.45 **Deadwood** As 10.45pm.
6.50 **Game of Thrones** 1/10. The fate of Jon Snow is revealed, Ramsay sends his dogs after Theon and Sansa. (S6)

9.00 A Knight of the Seven...

7.55 **Game of Thrones** *Homeward Bound:* 2/10. Bran trains with the Three-Eyed Raven, while at Castle Black, the Night's Watch stands behind Alliser Thorne. (S6)

9.00 **A Knight of the Seven Kingdoms** New episode *Seven*: 4/6. Dunk requests a trial by combat. (S1)
9.40 **The Last of Us** *Day One:* 4/7. Ellie and Dina find themselves in a battle between the Seraphites and a militia. (S2)
10.45 **Deadwood** *I Am Not the Fine Man You Take Me For:* 2/12. Competition for the roles of sheriff and mayor is hotting up. (S3)
11.50 **The Sopranos** (S4)
2.00 AM **Game of Thrones** (S6)
4.10 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 5/13. (S9)
9.00 **Stargate SG-1** (S7)
11.00 **Karl Pilkington: The Moaning of Life** Marriage.
12.00 NOON **The Flash** 6/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 14/18. (S4)
4.10 **A League of Their Own Road Trip: Dingle to Dover**
5.10 **Karl Pilkington: The Moaning of Life** Marriage.
6.10 **Stargate SG-1** 15/22. Carter begins a relationship with a detective. (S7)

9.00 The 90s

7.10 **Stargate SG-1** *Death Knell:* 16/22. When Anubis's drones attack the Alpha site, Jacob is injured and Carter goes missing in action. (S7)
8.10 **Never Mind the Buzzcocks** With Susan Wokoma, AJ Tracey, Nelly Furtado and Sophie Willan.
9.00 **The 90s: Cinema's Greatest Decade** Alex Zane and celebrity movie fans look back at the decade's best films.
10.00 **An Idiot Abroad** 7/8. Karl Pilkington heads to Peru, where he takes in the ancient Inca city of Machu Picchu.
11.00 **Fear the Walking Dead** 11/16. A mission is launched to replenish the Ranch's water supply by seeking the help of another community. (S3)
12.00 M'T **The Force: North East** Double bill of editions.
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 14/18. (S4)
4.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly...**
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase** With James Buckley, Mwaksy Mudenda and Mark Labbett.

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts as Simi takes on the Banker for the chance to win life-changing money.
8.00 **The Real Housewives of Orange County** New edition The ladies attend a dog parade and make voodoo dolls.
9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.
10.05 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are based around logic and common sense.
11.05 **Family Guy** 8&2/20. (S17)
12.05 AM **American Dad!** New episode 16/22. Hayley goes undercover. (S20)
12.35 **American Dad!** 3/20. (S14)
1.05 **Bob's Burgers** (S12)
2.05 **Plebs** 3/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *Sunflower:* A former high-ranking Nazi working for MI5 is murdered.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Seeds of Destruction:* PC Younger's career is put on the line. Guest stars Richard Todd.

1.30 Foyle's War

6.55 **Heartbeat** *No Laughing Matter:* Suspicion falls on Gina's new man when a pendant is stolen from a guest at the hotel.
8.00 **Midsomer Murders** *Painted in Blood:* Barnaby investigates the death of amateur artist Ruth Fairfax, whose body has been found by Joyce – but the more he delves into her background, the more mysterious she becomes.
10.00 **Foyle's War** *High Castle:* The detective is drawn into the world of corrupt Nazi businessmen when a professor is found murdered in a park after working as a translator.
11.50 **Trial & Retribution** 7/10. Part one of two. A mother arrives home to find her baby daughter dead. (S10)
1.20 AM **The Larkins** 5/6. (S2)
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Banjo and Ro's Grand Island Hotel**
2.30 **Sign Zone: Island Crossings** Documentary.
3.30 **Sign Zone: Eat the Town** From Arbroath.
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Sportscene: SWPL Highlights** Recent action.
8.00 **The Repair Shop on the Road** New edition Reviving Alloa Co-op Bowling Club's sign.
8.45 **Beechgrove Repotted**
9.00 **Wild Horses, the Rockies and Me**
10.00 **Banjo and Ro's Grand Island Hotel** Series finale 6/6. The couple race to finish the kitchen before winter.
10.30 **Two Doors Down** (S1)
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Limmy's Show**

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Ballers** 9&10/10. (S2)
10.20 **Sex and the City** (S2)
11.30 **Entourage** (S3)
12.30 PM **Will & Grace** (S5)
1.30 **Sex and the City** (S2)
2.45 **Ballers** 1&2/10. (S3)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S2)
5.45 **Will & Grace** (S5)
6.45 **Community** (S5)
7.45 **Sex and the City** 11/18. Miranda learns she has a lazy ovary. **8.20** 12/18. Miranda grows adventurous with her new boyfriend. (S2)
9.00 **Real Time with Bill Maher** New edition
10.10 **And Just Like That...** *Trick or Treat:* 5/11. Carrie has a run-in with a tech entrepreneur. (S2)
11.00 **Community** (S5&6)
12.05 AM **Entourage** (S3)
1.05 **Ballers** 1&2/10. (S3)
2.25 **Curb Your Enthusiasm**
3.15 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **John Williams: The Berlin Concert**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Painting Birds with Jim and Nancy Moir**
3.00 **Landscape Artist of the Year** The Lake District.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Songs from My Heart**
10.30 **Mozart's Sister**
12.40 AM **Academy of Ancient Music: Vivaldi's Four Seasons**
2.05 **The Lost Leonardo**
3.50 **Science Fiction in the Atomic Age**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** *Gambit – Part One:* 4/26. (S7)
8.00 **Star Trek: Deep Space Nine** *What You Leave Behind – Part One:* 25/26. Sci-fi drama. (S7)
9.00 **FBI** 15&16/22. (S5)
11.00 **Grimm** 9/22. (S5)
12.00 M'T **Wynonna Earp** (S4)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show hosted by Warwick Davis.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Stephen Fry and Jeanette Kwakye compete for charity.
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** Luke tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the quiz hosted by Adil Ray.
9.00 **Who Wants to Be a Millionaire? Celebrity Special** Anton Du Beke and Fred Sirieix attempt to answer 15 questions correctly in the hope of winning one million pounds for charity. Jeremy Clarkson hosts.
10.05 **Tipping Point** Triple bill of the game show.
12.55 AM **Tenable** Quiz.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
6.00 **Location, Location, Location** From Bristol.
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Location, Location, Location** A family search for a south coast home for their daughter, who has cerebral palsy.
9.00 **24 Hours in A&E** Efforts are made to save a man's leg from amputation.
10.00 **24 Hours in Police Custody** Detectives investigate an apparently unprovoked shooting.
11.05 **Gogglebox** Double bill.
1.05 AM **Michael Jackson: The Trial** 1&2/4.
3.10 **8 Out of 10 Cats Does Countdown**
4.05 **to 5.00** AM **Jamie's Feasts for a Fiver**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.20 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Faces:* The Flying Squad foil the hijacking of a security truck.
5.55 **Minder** *Caught in the Act, Fact:* Terry's fingerprints are found on a getaway car.

9.00 Under Siege 2

7.00 **American Pickers** Mike Wolfe and Frank Fritz manage to find a vintage guitar in their search through a pile of junk.
8.00 **The Motorbike Show** The story of two classic British bikes – the Ariel and the Triton.
9.00 **FILM Under Siege 2** Action thriller sequel starring Steven Seagal and Eric Bogosian. Former naval commando-turned-chef Casey Ryback thwarts a dangerous criminal who has hijacked a transcontinental train. (1995, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **FILM Reservoir Dogs** Quentin Tarantino's crime thriller. (1991, 18, 100min) ★★★★★
1.00 AM **Lost** 7/25. (S1)
1.50 **Minder** As 5.55pm.
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 21/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 22/26. (S5)
2.00 **The Ark** 11 & 12/12. (S1)
4.00 **Stargate SG-1** 10/22. (S2)
5.00 **Star Trek: Voyager** 14/16. B'Elanna is subjected to genetic experiments. (S1)
6.00 **Star Trek: The Next Generation** 21/26. A beautiful woman falls for Picard. (S5)

2.00 The Ark

7.00 **Star Trek: Deep Space Nine** *Children of Time:* 22/26. The *Defiant* crew find themselves stranded in a time warp. (S5)
8.00 **Stargate SG-1** *Bane:* 10/22. The team members are attacked by giant insects while exploring a new planet. (S2)
9.00 **Westworld** *The Adversary:* 6/10. Maeve charms Lutz, and Elsie finds evidence that could point to sabotage. (S1)
10.05 **The Leftovers** *Guest:* 6/10. Nora attends a Departure-related conference in New York. Stars Carrie Coon. (S1)
11.05 **Wynonna Earp** 1/12. Wynonna faces the entity who originally cursed Wyatt. (S3)
12.00 M'T **True Blood** 7/12. Sookie tries to reach out to Bill. **1.00** AM 8/12. Sam makes a gruesome discovery. (S2)
2.00 **The Ark** 11 & 12/12. (S1)
4.00 **Wynonna Earp** As 11.05pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 18/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 13/13. (S2)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 18/22. (S6)
5.00 **Hudson & Rex** 16/20. Rex seeks help from Detective Sidney Scott. (S5)
6.00 **Father Brown** *The Lord of the Dance:* A TV dancing contest takes a deadly turn.

5.00 Hudson & Rex

7.00 **Miss Fisher's Murder Mysteries** *Murder Under the Mistletoe:* 13/13. A holiday-maker is electrocuted. (S2)
8.00 **Death in Paradise** *Hidden Secrets:* 2/8. A surf-school owner is shot dead in his own workshop. (S4)
9.00 **Death in Paradise** *In the Footsteps of a Killer:* 7/8. The team reopen a seven-year-old murder case. (S6)
10.00 **Father Brown** *The Cat of Mastigatus:* The sleuthing priest investigates when a girl is left for dead at a boys' school fete.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 5/10. Margaret and Todd defend Lyle's mother Jaqueline. (S2)
1.00 AM **Death in Paradise** (S4)
2.00 **Evil** 6/10. (S3)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.35 **The Green Green Grass**
9.15 **Dad's Army**
9.55 **Are You Being Served?**
10.35 **Porridge**
11.15 **Keeping Up Appearances**
11.55 **Last of the Summer Wine**
1.15 PM **The Green Green Grass**
1.55 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

7.00 Porridge

7.00 **Porridge** Harris accidentally drops stolen pills into Fletcher's cuppa.
7.40 **Dad's Army** Captain Mainwaring's men acquire a boat, planning to use it for coastal patrols. **8.20** Mainwaring decides the platoon need a mascot for a big parade.
9.00 **dinnerladies** First episode of the comedy written by and starring Victoria Wood. **9.40** The staff await a royal visit, but Stan has to pick the right toupee.
10.15 **Not Going Out** Lee feels stressed after agreeing to give Kate driving lessons.
10.55 **Live at the Apollo** Sarah Millican introduces stand-up routines by Joe Lycett and Russell Kane.
11.55 **dinnerladies** Double bill.
1.10 AM **Not Going Out**
1.50 **Live at the Apollo**
2.50 **Don't Wait Up**
3.20 **to 4.00** AM **Not Going Out**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May: My Sisters' Top Toys** A celebration of toys.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Speed with Guy Martin**
11.00 **Rick Stein's Secret France**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** From Alaska.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Secret France** Rick arrives in Perigord, which is famous for black truffles, walnuts and duck dishes.

10.00 Will & Ralf Should Know...

7.00 **Would I Lie to You?** With guests Sean Lock, Judy Murray, Trevor Noah and Richard Hammond.
7.45 **Richard Osman's House of Games** With Helen George and Cally Beaton. **8.20** With Janet Ellis, Suzi Ruffell, Darren Harriott and Radzi Chinyanganya.
9.00 **QI XL** Guests Julia Zemiro, Tim Vine and Rob Brydon join regular panellist Alan Davies and host Stephen Fry.
10.00 **Will & Ralf Should Know Better** Will Mellor and Ralf Little explore supernatural beliefs.
11.00 **Taskmaster** The challenges include an attempt to cheer up a grumpy traffic warden.
12.00 M'T **Mock the Week** With Angela Barnes, Maisie Adam and Michael Odewale.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74 259

Monday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** (S2&3)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Head Case:* 15/24. A Marine's severed head is found. **7.00** *Family Secret:* 16/24. The team suspect that a US Marine has faked his own death. **8.00** *Ravenous:* 17/24. The team hunt for a serial killer. (S3) **9.00** New episode *Sticks & Stones:* 4/20. Deadly threats suggest the possibility of a catastrophic war. (S22)
10.00 **Law & Order: Special Victims Unit** *Man Up:* 1/24. Part one of two. The team investigate a sexual assault on a 15-year-old boy. (S20)
11.00 **Law & Order: Special Victims Unit** (S20&19)
1.50 AM **Blue Bloods** (S9)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Ambulance: Code Red** Medics help a knife attack victim who has injuries to his neck and face.
10.00 **A&E After Dark**
11.00 **Skin A&E** Documentary.
12.00 M'T **Plastic Surgery Knifemares**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.40 **to 4.00** AM **Trucking Hell**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON **FILM Hell Bent for Leather** Western starring Audie Murphy. (1959, PG, 83min) ★★
1.45 PM **FILM Lonely Are the Brave** Western with Kirk Douglas. (1962, b/w, PG, 107min) ★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Anton Sullivan rushes to the scene of a serious road accident.
8.00 **Police Interceptors** A car thief seems intent on causing as much carnage as possible.
9.00 **Police: Hour of Duty**
10.00 **Police: Night Shift 999**
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake** First edition. Pete immerses himself in the emotional world of dog care at Basildon's Dogs Trust rehoming centre.
8.00 **The Supervet** Noel treats a Labrador puppy with an elbow disease. **9.00** Take That's Mark Owen brings his 18-month-old Doberman, who needs treatment on a limp, into the surgery.
10.00 **One Born Every Minute**
12.00 M'T **Inside the Ambulance**
12.30 AM **Louis Theroux: Extreme Love – Autism**
1.45 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **The Bill**
8.25 **Doctors**
9.35 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **All Creatures Great and Small**
3.00 **Howards' Way**
4.10 **Bergerac**
5.20 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Triple bill.
8.00 **Judge John Deed** *Defence of the Realm:* The maverick judge is exiled to Warwick.
10.00 **New Tricks** *Last Man Standing – Part Two.*
11.20 **Waking the Dead** *Substitute: Part One.*
12.40 AM **Sister Boniface Mysteries** 2/12. (S2)
1.40 **The Thin Blue Line**
2.25 **Last of the Summer Wine** Classic sitcom.
2.55 **to 4.00** AM **Art Detectives**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Continental Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys** Timothy West and Prunella Scales travel down the River Nile.
8.00 **Wilderness with Simon Reeve** Simon explores the Democratic Republic of the Congo.
9.00 **Indian Ocean with Simon Reeve**
10.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering**
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

MONDAY Entertainment

Monday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Ibiza.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** An unopened bottle of 1940s whisky.
4.00 **Long Lost Family: Born Without Trace**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Secret Life of the Auction House** Queen Victoria's belongings go under the hammer.
10.00 **The Yorkshire Auction House** A couple clear out their home in Filey, and Angus sees potential in some vintage toys.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 4-6/22. (S7)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** 6/6. (S1)
4.10 **Hamish Macbeth** (S2)
5.20 **Doctor Finlay** 7/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 9/22. Klinger is accused of stealing. **8.00** 10/22. Klinger finds himself in the role of company commander. **8.30** 11/22. Klinger communicates with the spirit world. **9.00** 12/22. Charles delivers a lecture. **9.30** 13/22. A war correspondent visits the camp. (S10)
10.00 **M*A*S*H** (S10)
11.00 **The New Avengers**
12.00 M'T **The Avengers** (S5)
1.00 AM **M*A*S*H** (S10)
2.25 **Home to Roost** (S2)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 FILM **Texas** Western. (1941, b/w, PG) ★★★
12.00 NOON **The High Chaparral** 10/26. (S3)
1.00 PM FILM **The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers** (S2)
7.00 **The Avengers** (S4)
8.00 **The Baron** 1/30. (S1)
9.00 FILM **Rambo: First Blood Part II** Action thriller sequel starring Sylvester Stallone. (1985, 15, 96min) ★★★
11.15 FILM **Maximum Conviction** Thriller. (2012, 15, 93min) ★★
1.25 AM **The Baron** (S1)
2.25 **The Avengers** (S4)
3.15 **Police Ten 7**
3.40 FILM **Lone Rider** Western. (2008, PG) ★★
5.00 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **Lost Letter Mysteries: From the Heart** (2016, PG) ★★
10.05 **Unforgettable** (S4)
11.05 **Castle** 9/23. (S6)
12.05 PM FILM **Ruby Herring Mysteries: Her Last Breath** (2019, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 10/23. (S6)
8.00 **Unforgettable** (S4)
9.00 FILM **Ruby Herring Mysteries: Prediction Murder** Crime drama. (2020, PG, 89min) ★★
10.55 FILM **Martha's Vineyard Mysteries: Ships in the Night** Drama. (2021, PG) ★★
12.50 AM FILM **Deadly Hope** Thriller. (2012, PG) ★★
2.35 FILM **Ex-Wife Killer** Thriller. (2017, PG) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **The Beauty of Love** (2021, PG) ★★
10.15 FILM **Hometown Hero** Drama. (2016, PG) ★★
12.05 PM FILM **Vote One for Love** Romantic drama. (2023, PG, 90min) ★★
2.05 FILM **The Perfect Wedding Match** Comedy. (2021, PG, 86min) ★★
4.00 FILM **40 Below and Falling at Christmas** Comedy. (2015, PG) ★★
6.05 FILM **A Snapshot of Forever** Comedy. (2022, PG, 86min) ★★
8.00 FILM PREMIERE **A Slice of Romance** Drama. (2021, PG, 84min) ★★
9.55 FILM **Cooking Up Love** Romantic drama. (2020, PG, 85min) ★★
11.50 FILM **Love in Store** Romantic comedy. (2020, PG, 82min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Perfect Wedding Match**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 5/18. (S3)
12.30 PM **The Lovers** (S2)
1.00 **Wish Me Luck** (S1)
2.00 **The Champions**
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S1)
6.30 **The Fenn Street Gang**
7.00 **The Lovers** (S2)
7.30 **The Brian Conley Show**
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S1)
10.00 **Drop the Dead Donkey**
10.30 **Stereo Underground**
11.30 **Soap** 7&8/25. (S1)
12.30 AM **Brian Conley Show**
1.00 **Thick as Thieves**
1.30 **The Rewind Jukebox**
2.30 **Drop the Dead Donkey**
3.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Cooper's Treasure** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Sig welcomes the crew's newest greenhorn. **8.00** Crews return to the perilous, icy waters of the Bering Sea.
9.00 **Village of Dwarves: Body Bizarre** A region of Ecuador populated by dwarfs.
10.00 **Goddess Face Tumour: Body Bizarre**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Chef Grudge Match**
7.00 **Hairy Bikers Go West**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 NEW SERIES **Adam Richman Eats Italy** Adam tastes iconic dishes in Florence. **9.30** New edition Adam heads to Milan.
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 1/26. (S5)
9.00 **The A-Team** 6/23. (S4)
10.00 **The Invaders** 4/17. (S1)
11.00 FILM **Arctic Apocalypse** Thriller. (2019, PG) ★
1.00 PM FILM **The Assassination Bureau** Comedy thriller. (1968, PG, 110min) ★★★
3.05 FILM **The Blood Beast Terror** Period chiller. (1967, 12, 88min) ★
5.00 **Star Trek** 11/26. (S2)
6.00 **The Invaders** 5/17. (S1)
7.00 **The A-Team** 7/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Conan the Barbarian** Adventure. (2010, 15, 112min) ★★
11.10 FILM **Hammer of the Gods** Action adventure. (2013, 18, 94min) ★
1.10 AM FILM **Assault on Precinct 13** Thriller. (1976, 15, 90min) ★★★★★
3.00 **to 4.50** AM FILM **Nomads** Horror thriller. (1986, 15, 89min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Mammoth** Action thriller. (2006, 12, 90min) ★★★
11.00 **The Lost World** (S1)
12.00 NOON FILM **Prince Valiant** Adventure. (1997, PG, 91min) ★★
2.00 PM FILM **The Gambler III: The Legend Continues** Drama sequel. (1987, PG, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 1/23. (S2)
9.00 FILM **Rogue Hostage** Crime action thriller. (2021, 15, 93min) ★★
10.55 FILM **Bloodline** Thriller. (2018, 18, 97min) ★★
1.00 AM FILM **Rogue Hostage** As 9.00pm.
3.00 FILM **Meteor Apocalypse** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars Do America**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Alien Files Reopened**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **Secrets in the Ice**
11.00 **Forbidden History**
12.00 M'T **World's Greatest Treasure Mysteries**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet Special: Newborns**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives...**
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** Dyson's HQ.
7.00 **World War II: Secrets from Above**
8.00 **Ben Fogle: New Lives in the Wild** Australia.
9.00 **Yorkshire Great and Small with Dan and Helen** Documentary.
10.00 **Reuben: Life in the Dales** Documentary.
11.00 **Susan Calman's Grand Day Out** From Devon.
12.00 M'T **Wentworth Prison**
1.00 AM **The Dollanganger Saga** *Flowers in the Attic.*
3.00 **Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** With Fearne Cotton and Chris Moyles.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** A team of charity colleagues compete in the quiz.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** With Donna Air, Amanda Lamb, Sarah Greene and Dan Snow.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 12/24. Raj worries that a probe he designed will not work in space. **8.30** 13/24. Sheldon asks the gang to make life more difficult. (S8)
9.00 **Hollywood Demons** New edition The story of Stephen Collins, *7th Heaven*'s beloved father and moral icon.
11.00 **Death by Fame** The disappearance of Adea Shabani, who crossed oceans to pursue her Hollywood dreams.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** (S1&6)
11.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S7&8)
7.00 **Friends** 3/24. Rachel reveals the identity of the father of her baby. **7.30** 4/24. Ross and Rachel argue about why they slept together. **8.00** 5/24. Ross learns that Rachel has a date. **8.30** 6/24. Phoebe finds herself attracted to her twin sister's fiancé. (S8)
9.00 **Al Murray: Beautiful British Tour – Live at the O2** Stand-up show.
11.20 **Iain Stirling's Roast the Internet**
12.20 AM **Whose Line Is It Anyway? USA**
1.20 **South Park** (S8)
3.20 **Russell Howard: Live at the London Palladium**
4.05 **Dragony Aunts** (S1)
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 1&3/23. (S8)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** (S1&6)
7.00 **Everybody Loves Raymond** (S8)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** 15-20/24. (S7)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 4/8. (S1)
2.30 **Teachers** 8/20. (S2)
3.00 **Reno 911!** (S3)
3.45 **Important Things with Demetri Martin**
4.30 **Spin City** (S1&6)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.40 **Bread** 2/6. (S1)
11.15 **Steptoe and Son** (S8)
11.55 **Oh, Doctor Beeching!**
12.30 PM **Man About the House** 1/6. (S2)
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 13/13. (S2)
2.45 **Minder** 2/13. (S3)
3.50 **Citizen Smith** 5/7. (S4)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S4)
6.50 **Rising Damp** 4/6. (S4)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 4/11. (S4)
9.00 **Benidorm** 1&2/9. (S2)
9.55 **Shameless** 8/11. (S2)
10.50 **Man About the House**
11.20 **Rising Damp** 3/8. (S2)
11.55 **Benidorm** 1&2/9. (S2)
12.50 AM **Shameless** (S2)
1.45 **Kenny Everett Show**
2.20 **Man About the House**
2.45 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

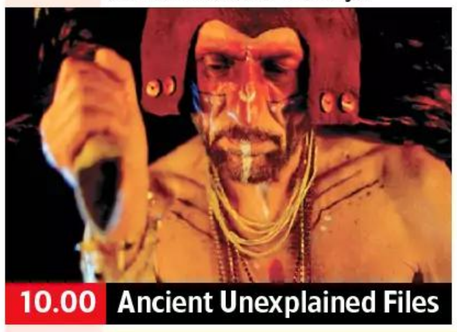
6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
10.00 **Catfish: Scammed**
12.00 NOON **Catfish: The TV Show** Double bill.
2.00 PM **Catfish: The Dramatic** Reality series.
3.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK**
9.00 **Skin A&E** Documentary.
10.00 **Ink Master: Angels** New edition The Angels head to Oklahoma City.
11.00 **Black Ink Crew New York** New edition
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Four editions.
5.00 **Filthy Fortunes** It's a race against the clock as Matt Paxton hunts for classic motorcycles and rare toys. **6.00** The team take on a rock star mess to find classic guitars and amps, vintage trucks and rare Harleys.



10.00 Ancient Unexplained Files

7.00 **Wheeler Dealers** Mike Brewer and Edd China take a look back over the last eight cars they have transformed.
8.00 **Scrapyard Dynasty** Terry is not happy when the most expensive car in the yard falls from its rack.
9.00 **Secrets Underground** Rob Nelson heads to California to investigate a potentially disastrous fault-line network.
10.00 **Ancient Unexplained Files** Experts use digital technology to uncover the truth behind a cave wall in Nottinghamshire.
11.00 **Deadliest Catch** The crab fishing season returns with an intense derby-style race, and after losing the *Saga*, Jake joins Sig as co-captain.
1.00 AM **Secrets Underground**
2.00 **Ancient Unexplained Files**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Preposterous Pets**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** Red panda Willow shows signs of being pregnant. **4.00** A sickly fawn is rushed to the health centre.
5.00 **Lone Star Law** Kyle Hendley wrangles a rattlesnake.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog goes into cardiac arrest after arriving at the clinic.

10.00 Alaskan Bush People

7.00 **Treehouse Masters: Out on a Limb** Pete builds an Alpine-style treehouse that is a perfect fit for the Christmas season.
8.00 **Air Jaws: Night Stalker** Chris Fallows sets out to discover how great white sharks are able to hunt in total darkness.
9.00 **Alaska: The Last Frontier** Atz Lee and Jane follow the season's first salmon run, while Otto and Eivin fix the homestead's fences.
10.00 **Alaskan Bush People** The Browns prepare to close down their homestead following Ami's diagnosis.
11.00 **In Search of Monsters** New evidence to prove the existence of the Chupacabra.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Intruders**
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **Nazi Megastructures: America's War** The final defence of Japan in the last months of World War Two.
1.00 PM **Air Crash Investigation**
3.00 **Secret Nazi Science**
4.00 **Gladiators: Warriors of the Ancient World** Marcus Attilius.
5.00 **Ice Road Rescue**
6.00 **Construction Fails** Lightning bolts cause mayhem.

10.00 Yukon Rescue

7.00 **Air Crash Investigation** How Eastern Airlines Flight 401 crashed in 1972 as it prepared for arrival at Miami airport.
8.00 **Air Crash Investigation** New edition In heavy fog, Airblue Flight 202 slams into the Himalayan foothills, killing all onboard.
9.00 **Air Crash Investigation** When a mid-air explosion rocks Southwest Airlines 1380, the pilots struggle to regain control.
10.00 NEW SERIES **Yukon Rescue** Following the work of emergency services in the northern Canadian wilderness.
11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S** Tim and Fuzz take on a Toyota Supra Mk4.
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** A farmhouse.
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Rust Valley Restorers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Abyss: Rise & Fall of the Nazis**
1.00 PM **Gold Wars Downunder**
2.00 **American Pickers** Jersey Jon chases his boyhood dream.
3.00 **Secrets Declassified with David Duchovny** Triple bill.
6.00 **American Pickers** Mike gets access to a racing driver's collection of motorbikes and memorabilia in Wisconsin.

10.00 Hells Angels

7.00 **Forged in Fire** Four bladesmiths face a huge challenge when they must salvage steel from five tons of junk.
8.00 **American Pickers** New edition Robbie Wolfe visits a renowned artist in the kingdom of fibreglass giants.
9.00 **Gold Wars Downunder** New edition Three hardcore mining teams battle it out on the one patch of gold-rich-land.
10.00 **Hells Angels: Kingdom Come** New edition A war with the Bandidos forces the Hells Angels to work with an old rival.
11.00 **History's Most Shocking** A leopard goes on a rampage in India, and a paraglider plummeting to earth has to employ his skills to survive.
12.00 M'T **Secrets Declassified with David Duchovny**
2.50 AM **Gold Wars Downunder**
3.40 **American Pickers**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Sally Field**
8.00 **The Directors**
9.00 **Celtics City**
10.10 **The Jinx: The Life and Deaths of Robert Durst**
11.00 **Liverpool Narcos**
2.00 PM **The End of the Storm** Wxploring Liverpool Football Club's 2019/2020 season.
4.00 **Discovering: Sally Field**
5.00 **The Directors**
6.00 **Celtics City** 6/9. The retirement of Larry Bird in 1992.

7.10 The Jinx

7.10 **The Jinx: The Life and Deaths of Robert Durst** 6/6. Andrew Jarecki and Marc Smerling conclude their investigation.
8.00 **Black Widow** 1/3. Documentary series following the decade-long police investigation into Dena Thompson.
9.00 **Black Widow** 2/3. Police believe Lee Wyatt could be the key to solving the mystery of Julian Webb's death.
10.00 **Black Widow** 3/3. The police execute a warrant for Dena Thompson's arrest and detectives begin to connect the dots.
11.00 FILM **Bowling for Columbine** Michael Moore's documentary. (2002, 15, 114min) ★★★★
1.20 AM **Stasi FC** A look at the East German secret service's control of BFC Dynamo.
3.10 **Magic & Bird: A Courtship of Rivals** The lives and careers of Magic Johnson and Larry Bird.
5.00 **to 6.00** AM **Discovering: Sally Field**

Monday

7 PM 8 PM 9 PM 10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Guz Khan's Custom Cars** New edition Guz wraps his Honda in gold, meets car artist Rhian, and learns about vintage car building.
10.00 **Mock the Week** Dara O Briain hosts the topical comedy panel show.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **10 Steps to Murder**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Evil Lives Here: Shadows of Death**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **The Victorian Murder Files** A woman's body is found in the Thames.
10.00 **The Suitcase Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Zilpha Lowery.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** Sean Humphrey is found dead and police turn to forensic evidence.
8.00 **48 Hours** New edition The story of Melissa Calusinski, who has been behind bars since she was arrested for murder in 2009.
9.00 **Storm of Suspicion** A young woman vanishes in the middle of the night during the cold Minnesota winter.
10.00 **Murder UK** New edition How Faria Khan hired a group to execute a cold-blooded murder plot.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction**
4.00 **48 Hours** Student Sarah Yarborough is found murdered just 100 yards from her car.
5.00 **Medical Detectives** A true crime hobbyist connects a Utah Jane Doe to an Ohio missing persons case. **5.30** A young Colorado mother vanishes on Thanksgiving Day. **6.00** An 18-year-old disappears on her way to a family ski trip. **6.30** The clerk of an Atlanta-area smoke shop is shot during a robbery.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Highway Cops**
8.00 **Send in the Dogs**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation** The A6 killer.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **What the Killer Did Next** Megan Newton.
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Pillowcase Murders**
12.25 AM **Police 24/7**
1.15 **World's Most Evil Killers**
2.00 **Britain's Most Evil Killers** New edition
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Mary Beard's Ultimate Rome...** As 10.40pm.
9.55 **Battlefield America**
10.55 **Chernobyl: The New...**
11.55 **Mafia's Greatest Hits**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Mary Beard's Ultimate Rome...** As 10.40pm.
2.55 **Battlefield America**
4.00 **Chernobyl: The New...**
5.05 **Mafia's Greatest Hits**
6.10 **Mary Beard's Ultimate Rome...** As 10.40pm.
7.30 **Battlefield America**
8.35 **Chernobyl: The New Evidence** 1/2. Exploring the run-up to the nuclear disaster.
9.35 **Mafia's Greatest Hits**
10.40 **Mary Beard's Ultimate Rome: Empire Without Limit** The revolutions of the Roman Empire.
12.00 M'T **Battlefield America**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

MONDAY

Monday

Sky Nature

145 113/114 189 354 369

6.00 AM **Arctic Secrets**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Island of the Monsoon**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Wildlife Icons**
6.00 **Island of the Monsoon**
7.00 **Monkey Life** Double bill.
8.00 **Osprey** When a veteran pair of osprey return home, they must take on enemies, elements and hundreds of fish if they wish to raise the next generation.
9.00 **Extraordinary Animals**
10.00 **Island of the Monsoon**
11.00 **Wildlife Icons**
12.00 M'T **Wildlife ER**
1.00 AM **Arctic Secrets**
2.00 **Osprey** As 8.00pm.
3.00 **Extraordinary Animals**
4.00 **Africa's Wild Year**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Ultimate Mysteries**
7.00 **Swamp Mysteries with Troy Landry** As shown at 5.00pm.
8.00 **What on Earth?**
9.00 **Secret Wars Uncovered**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Ultimate Mysteries**
5.00 **Swamp Mysteries with Troy Landry** Troy heads into the bayou to confront beasts.
6.00 **What on Earth?**
7.00 **Secret Wars Uncovered**
8.00 **Combat Ships**
9.00 **History's Most Shocking**
10.00 **Death Coast** The shipwreck search leads Jeff and his team into uncharted territory.
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Empire Builders**

Discovery Science

167 148 179

8.00 AM **Alien Highway**
9.00 **Killers of the Cosmos**
11.00 **Richard Hammond's Big**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made** The manufacture of bamboo bicycles and breath mints.
6.30 How air brake tanks and frosted cereal are made.
7.00 A look at how clay, pitted prunes and spurs are made.
7.30 How tasers, canned soup and diving boards are made.
8.00 How Navajo rugs, crude oil and kaleidoscopes are made.
8.30 The manufacture of space pens and metal caskets.
9.00 **How the Universe Works** The importance of black holes within the universe.
10.00 New discoveries reveal the secrets of nebulas.
11.00 **NASA's Unexplained Files**
1.00 AM **How the Universe Works**
4.00 **Richard Hammond's Big**
5.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Murdertown**
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **Somebody's Hiding Something**
6.00 **The First 48**
7.00 **Cold Case Files** The story of gow a DNA breakthrough helped solve a decade-old case.
8.00 **Meet, Marry, Murder** New edition The case of an Air Force pilot found shot dead in his Ohio home in 2007.
9.00 **Don't Open the Door** New edition An online advert leads to a home invasion.
10.00 **Cold Case Files** The investigation into the so-called Grim Sleeper.
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Don't Open the Door**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry, Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **National Parks: USA**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo: North Carolina** A porcupine requires a visit to the dentist.
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet** The team assess a pair of jaguars at a wildlife sanctuary in Costa Rica.
7.00 **Yukon Vet Compilations** New editions Double bill.
9.00 **Built to Survive** Phil Breslin ventures into Australia's notorious wetlands.
9.30 Phil heads along the cliffs of Australia's coast.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Lawless Island**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Life After: Chernobyl**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The technology used to prevent asteroids hitting Earth.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Life After: Chernobyl** A look at how wildlife has been affected after 30 years in the contamination area.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole embarks on a epic trip through the Balkans.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Top Gear**
1.00 PM **Top Gear**
5.00 **The Two Ronnies**
7.00 **The Two Ronnies** Vintage comedy show, featuring sketches Filling In, Martial Arts, Office Quickie and Vagabond Lover. Plus, musician Elton John makes a guest appearance.
8.00 Vintage comedy from Messrs Barker and Corbett, with music by Elaine Paige, who sings *Running Back for More*.
9.00 With guests Leslie Ash and Elaine Paige, and sketches including Coy George, Don't Quote Me, Roadsweepers, Raiders of the Last Auk and Bushman's Holiday..
10.00 Vintage comedy sketches, including Chef's Special, Humphrey and Godfrey, Boxing Day at the George and Campers. Plus, Stephanie Lawrence provides the music.
11.00 **The Two Ronnies**
5.30 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Forbidden: Dying for Love**
9.00 **Faking It: Tears of a Crime**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Who the (Bleep) Did I Marry?** Four editions.
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Mean Girl Murders**
7.00 **Where Murder Lies** A woman's disappearance is reported by her millionaire boyfriend.
8.00 The disappearance of Russell Ray from Georgia.
9.00 **Faking It: Tears of a Crime** A man tries to fool a TV show into awarding him money.
10.00 **Fatal Destination** A Vermont anniversary trip unravels into secrets, violence and a camper crime scene.
11.00 **Lethally Blonde** Model Anneka Di Lorenzo's life unravels with tragic consequences.
12.00 M'T **People Magazine Investigates** Double bill.
2.00 AM **Mean Girl Murders**
4.00 **to 6.00** AM **Where Murder Lies**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues**
9.00 **Kevin Hart's Muscle Car Crew** The Boyz take a trip to Radford Racing School in Arizona.
10.00 **Sewer Divers**
11.00 **Wheeler Dealers**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard brings in a business consultant to make the workshop more efficient.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.25 AM **Super Charlie** Family animation. (2025, PG, 82min)
7.50 **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
9.40 **Reckless** As 6.20pm.
11.20 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
1.00 PM **M3GAN 2.0** As 8.00pm.
3.10 **Neighborhood Watch** (2025)
4.50 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
6.20 **Reckless** Action comedy with Scott Adkins. (2026, 15, 91min)

8.00 M3GAN 2.0

8.00 **M3GAN 2.0** Sci-fi action thriller sequel starring Allison Williams and Violet McGraw. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Neighborhood Watch** Thriller starring Jack Quaid and Jeffrey Dean Morgan. When a man thinks he witnesses an abduction, he turns to his next-door neighbour, a former security guard, to help solve the case. (2025, 15, 92min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Prisoner of War** Action thriller. (2025, 15, 112min) ★★★
1.50 AM **Nuremberg** Thriller. (2025, 15, 148min) ★★★★★
4.20 **to 6.00** AM **Beast of War** Thriller. (2025, 15) ★★★★

Sky Cinema Buddy Films

303 303 403 503 517

7.15 AM **Napoleon Dynamite**
8.55 **Evolution** As 5.25am.
10.40 **American Pie** Teen comedy. (1999, 15, 96min) ★★★★
12.20 PM **American Pie 2** Comedy sequel starring Jason Biggs. (2001, 15, 106min) ★★★
2.10 **American Pie: The Wedding** Comedy sequel. (2003, 15) ★
4.00 **American Reunion** Comedy sequel. (2012, 15, 108min) ★★
6.00 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★★

6.00 Ted

8.00 **Ted 2** Comedy sequel starring Mark Wahlberg and Amanda Seyfried. The foul-mouthed talking teddy bear fights a court case for the right to be legally recognised as a person. With the voice of Seth MacFarlane. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Blues Brothers** Cult comedy starring John Belushi and Dan Aykroyd as a pair of brothers who get their old R&B band back together to save the orphanage that was their childhood home. (1980, 15, 135min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
2.15 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
3.50 **Napoleon Dynamite** Comedy. (2004, PG, 95min) ★★★★
5.25 **to 7.10** AM **Evolution** Sci-fi comedy. (2001, PG) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.40 AM **American Sniper** Biopic. (2014, 15, 127min) ★★★★
8.55 **An Officer and a Gentleman**
11.05 **I, Tonya** Biopic starring Margot Robbie. (2017, 15, 119min) ★★★★
1.10 PM **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
3.35 **Erin Brockovich** Fact-based drama starring Julia Roberts. (2000, 15, 133min) ★★★★
5.50 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
8.00 **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
10.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
12.20 AM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
2.00 **The Boy in the Striped Pyjamas** Wartime drama. (2008, 12, 94min) ★★★★
3.35 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★
5.45 **to 7.50** AM **I, Tonya** (2017)

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.20 AM **Timestalker** Fantasy comedy directed by and starring Alice Lowe. (2024, 15, 89min) ★★★★
8.00 **Friendship's Death** Sci-fi drama. (1987, 15, 78min) ★★★
9.25 **Godzilla** Monster movie remake. (1998, PG, 139min) ★★★
11.50 **28 Years Later** Horror. (2025, 15, 115min) ★★★★
1.50 PM **Out of Darkness** Prehistoric horror. (2022, 15, 88min) ★★★
3.20 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
5.55 **Back to the Future** Time-travel comedy fantasy starring Michael J Fox and Christopher Lloyd. (1985, PG, 115min) ★★★★★
8.00 **Back to the Future Part II** Time-travel comedy adventure sequel. (1989, PG, 107min) ★★★
10.00 **Back to the Future Part III** Time-travel comedy adventure sequel starring Michael J Fox. (1990, PG, 112min) ★★★★
12.10 AM **Us** Jordan Peele's horror thriller starring Lupita Nyong'o. (2019, 15, 116min) ★★★★
2.15 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★
4.30 **Sky Cinema Preview**
5.30 **to 7.20** AM **The Ritual** Horror thriller. (2017, 15, 94min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.30 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
9.05 **Blithe Spirit** (2020, 12) ★★★
10.55 **Matilda** (1996, PG) ★★★★
12.45 PM **Karate Kid: Legends** Martial arts drama sequel. (2025, 12, 94min) ★★★
2.30 **The Wizard of Oz** Fantasy. (1939, U, 98min) ★★★★★
4.25 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
6.00 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★

7.45 The SpongeBob Movie

7.45 **The SpongeBob Movie: Sponge Out of Water** Animated comedy with the voices of Tom Kenny and Antonio Banderas. (2015, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **IF** Fantasy adventure starring Ryan Reynolds and Cailey Fleming. A young girl joins forces with her upstairs neighbour to matchmake discarded imaginary friends with new children. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **My Penguin Friend** Family drama starring Jean Reno. (2024, PG, 98min) ★★★★
1.05 AM **The Wiz** Motown musical updating of *The Wizard of Oz*, with Diana Ross and Michael Jackson. (1978, U, 133min) ★★
3.25 **Paul Blart: Mall Cop** Crime comedy starring Kevin James. (2009, PG, 91min) ★
5.05 **to 7.00** AM **Bookworm** Comedy starring Elijah Wood. (2024, 12, 103min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.30 AM **The Young Master** Action comedy. (1980, 15) ★★★
9.20 **Deadlock** Thriller. (2021, 15) ★
11.10 **Spider-Man 2** Fantasy sequel. (2004, PG, 127min) ★★★★
1.20 PM **Birds of Prey and the Fantabulous Emancipation of One Harley Quinn** Fantasy. (2020, 15, 109min) ★★★★
3.25 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
5.40 **Spider-Man 3** Fantasy sequel. (2007, 12, 139min) ★★★

8.00 Jurassic World: Fallen...

8.00 **Jurassic World: Fallen Kingdom** Adventure sequel starring Chris Pratt and Bryce Dallas Howard. While trying to protect genetically engineered dinosaurs, Owen Grady and Claire Dearing uncover a conspiracy. (2018, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Jackie Chan's First Strike** Action thriller starring Jackie Chan. A Hong Kong cop finds himself framed for murder when he tries to track down a missing arms dealer. (1996, 12, 83min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
1.40 AM **High Plains Drifter** Clint Eastwood's Western. (1972, 18, 105min) ★★★★
3.30 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
5.40 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.20 AM **My Dead Friend Zoe** Drama. (2024, 15) ★★★
8.10 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
10.25 **Forces of Nature** Comedy. (1999, 12, 105min) ★★★
12.20 PM **Spanglish** Comedy drama. (2004, 12, 131min) ★★★
2.35 **The Sweetest Thing** Comedy. (2002, 15, 89min) ★
4.15 **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★
6.15 **Just Friends** (2005, 12) ★★

10.05 Click

8.00 **Yesterday** Comedy written by Richard Curtis, directed by Danny Boyle and starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Click** Comedy with Adam Sandler. A workaholic architect gets his hands on a remote control that enables him to control his entire life. (2006, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
2.00 AM **Alfie** Comedy drama. (1966, 15, 114min) ★★★★
3.55 **Jackass Presents: Bad Grandpa** Slapstick comedy. (2013, 15, 92min) ★★★
5.40 **to 7.20** AM **Jackass Presents: Bad Grandpa .5** Comedy. (2014, 15, 82min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Cult Killer** Thriller. (2024, 15, 105min) ★★★
7.55 **The Saint** As 2.20am.
10.00 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
12.10 PM **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
2.00 **RocknRolla** Crime comedy thriller. (2008, 15, 110min) ★★
4.00 **Dirty Harry** Police thriller. (1971, 15, 103min) ★★★★★
5.50 **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★★

5.50 Dog Day Afternoon

8.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With JK Simmons, John Lithgow and Jon Bernthal. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Sleepers** Fact-based drama starring Kevin Bacon, Robert De Niro and Brad Pitt. Years after being abused by guards at a reform school, four former teenage friends take their revenge. (1996, 18, 146min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **All the Devils Are Here** Thriller starring Eddie Marsan. (2025, 15, 87min) ★★★★
2.20 **The Saint** Big-screen version of the cult 1960s TV series. (1997, 12, 116min) ★★★
4.20 **to 6.00** AM **False Positive** Horror. (2021, 15, 92min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Violent Men** Western. (1955, PG, 96min) ★★★
12.55 PM **Canyon Passage** Western. (1946, PG, 92min) ★★★
2.45 **The Shepherd of the Hills** Western. (1941, PG, 98min) ★★
4.45 **Written on the Wind** Douglas Sirk's melodrama. (1956, PG, 100min) ★★★★★
6.50 **Romancing the Stone** Romantic mystery adventure. (1984, 12, 105min) ★★★★

6.50 Romancing the Stone

Romancing the Stone (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Bad Boys for Life** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.25 **Snake Eyes** Action adventure starring Henry Golding. A tenacious loner saves the life of a member of an ancient Japanese clan, and is inducted into their ranks where he learns the ways of a ninja. (2021, 12, 121min) ★★★
1.45 **to 3.35** AM **Good Boys** Comedy with Jacob Tremblay. (2019, 15, 90min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema Valentines

302 302 402 502 516

6.15 AM **The Taming of the Shrew**
8.20 **Legends of the Fall** As 1.35am.
10.35 **A Nice Indian Boy** Romantic comedy starring Karan Soni. (2024, 12, 96min) ★★★
12.15 PM **Bridget Jones's Baby** Romantic comedy sequel. (2016, 15, 123min) ★★★
2.20 **Bridget Jones: Mad About the Boy** Romantic comedy sequel. (2024, 15, 125min) ★★★★
4.30 **Fools Rush In** Romantic comedy. (1997, 12, 109min) ★★
6.15 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91min) ★★★
8.00 **Miss Congeniality** Comedy with Sandra Bullock. A tomboyish FBI agent receives a radical make-over in order to go undercover at a beauty contest. (2000, 12, 109min) ★★★★
10.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. (2005, 12, 113min) ★★
12.00 M'T **Fools Rush In** As 4.30pm.
1.35 AM **Legends of the Fall** Epic period drama starring Brad Pitt. (1994, 15, 133min) ★★★★
3.55 **to 6.05** AM **The Taming of the Shrew** Director Franco Zeffirelli's screen version of Shakespeare's play. (1967, U, 126min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
8.00 **Wayne's World 2** Comedy sequel starring Mike Myers. (1993, PG, 95min) ★★★
9.50 **The Golden Child** As 1.25am.
11.30 **Police Academy** Comedy. (1984, 15, 95min) ★★★
1.10 PM **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★
2.45 **Police Academy 3: Back in Training** Comedy sequel. (1986, PG, 82min) ★
4.15 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
6.00 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
8.00 **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★
9.55 **Sixteen Candles** John Hughes' teen comedy starring Molly Ringwald and Anthony Michael Hall. (1984, 12, 89min) ★★★
11.30 **Alfie** Classic comedy drama. (1966, 15, 114min) ★★★★
1.25 AM **The Golden Child** Fantasy. (1986, PG, 93min) ★★
3.00 **So I Married an Axe Murderer** Comedy thriller starring Mike Myers. (1993, 15, 92min) ★★★
4.35 **to 6.15** AM **Arthur** As 4.15pm.

Sky Cinema Animation

305 305 412 500 514

7.25 AM **Happy Feet** Animation. (2006, U, 108min) ★★★★
9.25 **Wallace & Gromit: The Curse of the Were-Rabbit** Animated family comedy adventure. (2005, U, 85min) ★★★★★
11.00 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
12.50 PM **Tom and Jerry Cowboy Up!** Animated family adventure. (2021, U, 71min) ★★★
2.15 **Trolls** Animated family musical. (2016, U, 92min) ★★★
4.00 **Madagascar** Animated comedy. (2005, U, 86min) ★★★★
5.40 **Monster Family** Animated comedy. (2017, PG, 96min) ★★
7.25 **Monster Family 2** Animated comedy sequel with the voices of Emily Watson and Jason Isaacs. (2021, U, 90min) ★
9.20 **Dragon Rider** Animation with the voices of Felicity Jones and Thomas Brodie-Sangster. (2020, PG, 91min) ★★★
11.00 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** Animated adventure. (2022, PG, 79min) ★★★
12.30 AM **Monster Family** As 5.40pm.
2.15 **Monster Family 2** As 7.25pm.
4.10 **Trolls** As shown at 2.15pm.
5.50 **to 7.30** AM **Dragon Rider**

Movies 24

312 313 419

7.00 AM **My Argentine Heart** Comedy. (2025, PG, 84min) ★★
9.00 **Love in Wolf Creek** Romantic drama. (2022, PG, 85min) ★★
11.00 **Fashionably in Love** Romantic comedy. (2023, PG, 87min) ★★
1.00 PM **Love's Greek to Me** Drama. (2023, PG, 90min) ★★
3.00 **A Taste of Christmas** Drama starring Krystal Joy Brown. (2023, PG, 90min) ★★
5.00 **Haunted Wedding** Fantasy comedy starring Janel Parrish. (2024, PG, 84min) ★★
7.00 **A Pinch of Portugal** Romantic drama starring Heather Hemmens and Luke Mitchell. (2023, PG, 84min) ★★
9.00 **Notes of Autumn** Romantic drama starring Ashley Williams and Luke Macfarlane. A pianist and an author swap homes in the hope of finding inspiration, only to find love instead. (2023, PG, 90min) ★★
11.00 **The Love Subscription** Comedy. (2023, PG, 86min) ★★
1.00 AM **The Real West** Romantic comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Royal-Ish** Drama. (2025, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 31/38. (S1)
6.30 **Down Among the Z Men** Comedy. (1952, U, 71min) ★★★
7.55 **The Gloster Stretcher Ladder**
8.10 **Great Day in the Morning** Western. (1955, PG) ★★★
10.00 **The Large Rope** Crime thriller. (1953, b/w, PG, 72min) ★★★
11.25 **Look at Life**
11.35 **The Betrayal** Crime drama. (1957, b/w, 12, 82min) ★★★
1.15 PM **Break in the Circle** Spy thriller. (1955, U, 92min) ★★★
3.05 **Impulse** Thriller set in Sussex. (1954, b/w, PG, 90min) ★★
4.40 **Brighton Rock** Classic thriller starring Richard Attenborough. (1947, b/w, PG, 91min) ★★★★★
6.30 **The Vise** 37/39. (S1)
7.00 **The Footage Detectives**
8.00 **Reckless** 4/6. (S1)
9.05 **Gideon's Way** 19/26. (S1)
10.05 **The Saint: The Fiction Makers** Adventure spin-off with Roger Moore. (1968, U, 102min) ★★★
12.10 AM **Yield to the Night** Drama. (1956, b/w, 15, 99min) ★★★★
2.10 **The Resurrection of Zachary Wheeler** Sci-fi mystery thriller. (1971, 12, 100min) ★★★
4.15 **Man from Tangier** Thriller. (1957, b/w, U, 67min) ★★
5.30 **to 6.00** AM **Honey West**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Men's T20 World Cup Scotland v Italy.** Coverage of the Group C match at Eden Gardens.
9.00 LIVE Men's T20 World Cup Zimbabwe v Oman. Coverage of the Group B match at Sinhalese Sports Club in Colombo, Sri Lanka.
1.00 PM **LIVE Men's T20 World Cup South Africa v Canada.** Coverage of the Group D match held at Narendra Modi Stadium.
5.00 LIVE WTA & ATP Tennis The latest coverage from the Tours.
7.30 LIVE EFL Sheffield United v Middlesbrough. Coverage of the Championship match from Bramall Lane. Kick-off **8.01pm**.
10.30 LIVE WTA & ATP Tennis Further coverage from the latest events on the WTA and ATP Tours.
1.30 AM **LIVE ATP Tennis** Coverage of day one of the ATP Dallas Open, a hard-court tournament from Ford Center at The Star.
5.00 to 6.00 AM **LIVE Men's T20 World Cup Netherlands v Namibia.** Coverage of the Group A match at Arun Jaitley Stadium in Delhi.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 Premier League Highlights
9.00 Ref Watch Analysing decisions.
10.00 Sky Sports FC
12.00 NOON **Premier League Stories**
12.30 PM **Premier League Highlights** Leeds United v Nottingham Forest. **1.00** Wolverhampton Wanderers v Chelsea staged at Molineux. **1.30** Burnley v West Ham United. **2.00** Fulham v Everton. **2.30** Bournemouth v Aston Villa. **3.00** Arsenal v Sunderland. **3.30** Action from Newcastle United v Brentford at St James' Park. **4.00** Highlights of Brighton & Hove Albion v Crystal Palace. **4.30** Liverpool v Manchester City.
5.00 The Premier League Show
7.00 Premier League Review
8.00 Ref Watch Analysing decisions.
8.30 Premier League Stories Focusing on Antonio Valencia.
9.00 Premier League Review
10.00 Ref Watch Analysing decisions.
10.30 Premier League Stories
11.00 Premier League Years
1.00 AM **PL Retro** Manchester United v Manchester City from 2011.
3.00 PL Greatest Games
4.00 to 6.00 AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Jimmy Glass: Great Escape**
6.30 EFL Rivalries Triple bill.
8.00 EFL Greatest Games
10.00 EFL Cup Highlights
11.00 Best Goals: EFL Cup 23/24
11.30 EFL Trophy The 2023/24 final.
12.00 NOON **WSL** Arsenal v Man City.
12.30 PM **EFL Highlights**
1.00 EFL Cup Highlights
2.00 EFL Championship Highlights
3.30 WSL Highlights from Leicester City v Manchester United.
4.00 EFL Championship Highlights
5.00 EFL League One Goals
5.30 EFL League Two Goals
6.00 EFL Championship Highlights
6.30 Bundesliga Highlights Show
7.30 LIVE EFL Sheffield United v Middlesbrough. Coverage of the Championship encounter staged at Bramall Lane. Tommy Conway's 64th-minute goal gave Boro a 1-0 win in August's reverse fixture. Kick-off **8.01pm**.
10.30 Bundesliga Highlights Show
11.30 EFL Greatest Games
12.00 M'T **EFL** The 2018 play-off finals.
3.00 AM **EFL Greatest Games**
4.00 to 6.00 AM **Championship Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Men's T20 World Cup Scotland v Italy.** Coverage of the Group C match staged at Eden Gardens in Kolkata, India.
9.00 LIVE Men's T20 World Cup Zimbabwe v Oman. The Group B match staged at Sinhalese Sports Club in Colombo, Sri Lanka.
1.00 PM **LIVE Men's T20 World Cup South Africa v Canada.** Coverage of the Group D match staged at Narendra Modi Stadium in Ahmedabad, India. South Africa were runners-up to India when the competition was last held two years ago, while Canada failed to progress beyond the group stage.
5.00 Best of ICC WT20
5.15 Best of England v South Africa
5.30 Best of ICC WT20
6.00 Men's T20 World Cup Highlights from the group stage, featuring Scotland v Italy, Zimbabwe v Oman, South Africa v Canada, England v Nepal and New Zealand v Afghanistan.
5.00 to 6.00 AM **LIVE Men's T20 World Cup Netherlands v Namibia.** The Group A match staged at Arun Jaitley Stadium in Delhi, India.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** Replay of day four of the Qatar Masters.
11.00 PGA Tour Golf A chance to see day four of the Phoenix Open.
4.00 PM **You Can Play Golf**
4.30 Beyond the Scorecard
5.00 Chronicles of a Champion Golfer Profiles of leading players.
6.00 Tour Golf Highlights SDC Open.
6.30 DP World Tour Golf Action from day four of the Qatar Masters.
7.00 PGA Tour Golf Phoenix Open.
8.00 Tour Golf Highlights SDC Open.
8.30 DP World Tour Golf
9.00 The Big 5 Roundtable
11.00 PGA Tour Champions
12.00 M'T **LIVE TGL The Bay v Los Angeles.** Coverage of the team match held at SoFi Center in Palm Beach.
2.00 to 6.00 AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis** Action from the WTA and ATP Tours.
10.00 LIVE WTA Tennis Coverage of day two of the WTA Doha Open held at Khalifa International Tennis and Squash Complex in Qatar.
12.00 NOON **LIVE WTA & ATP Tennis** Coverage from events on the WTA and ATP Tours.
8.00 PM **LIVE WTA & ATP Tennis** Further coverage of tournaments on the WTA and ATP Tours.
1.30 AM **LIVE ATP Tennis** Coverage of day one of the ATP Dallas Open from Ford Center at The Star.
5.00 to 6.00 AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Features**
8.00 Premier League
9.30 Serie A Juventus v Lazio.
10.30 Ella Toone's Away Days
11.00 Premier League Features
12.00 NOON **Premier League Review**
1.00 PM **Premiership Women's Rugby** Harlequins v Exeter Chiefs.
2.00 What I Wore Michel Salgado.
2.15 Sign Up – Into Football
3.00 Serie A Juventus v Lazio.
4.00 Premier League Review
5.00 A-League Highlights
5.30 A-League Women Highlights
6.00 Premier League
7.30 LIVE Serie A Roma v Cagliari. Coverage of the Italian top-flight match from Stadio Olimpico. Kick-off **7.45pm**.
9.45 Premier League Netbusters
10.15 The Gruppetto Cycling news.
10.30 A-League Highlights
11.00 A-League Women Highlights
11.30 Premier League Netbusters
12.00 M'T **LIV Golf** Riyadh review.
2.00 AM **Serie A** Roma v Cagliari.
3.00 Premier League Netbusters
3.30 Fishing: On the Bank
4.30 The Gruppetto Cycling news.
4.45 Crouchy and Cole
5.00 to 6.00 AM **Cyclocross**

TNT Sports 2

411 414 522 409 431

6.00 AM **Winter Olympic Games**
8.00 Buongiorno Milano
9.00 LIVE Winter Olympic Games – Alpine Skiing Coverage of the men's team combined downhill. **11.15 Freestyle Skiing** Coverage from the final of the women's freeski slopestyle event. **1.15** PM **Alpine Skiing** The men's team combined slalom event at Stelvio Ski Centre in Bormio. **2.30** Coverage from day three. **4.00 Luge** Coverage from the first run of the women's singles held at Cortina Sliding Centre. **4.45** Coverage from day three. **5.30 Luge** Coverage from the second run of the women's singles event at Cortina Sliding Centre. **6.15 Snowboarding** Coverage from the women's big air final staged at Livigno Snow Park. **7.45 Figure Skating** The mixed ice dancing short program staged at Milano Ice Skating Arena.
10.30 Ciao Cortina A review of day three of the Winter Olympics.
11.00 Winter Olympic Games
2.00 AM **Ciao Cortina**
2.30 Winter Olympic Games
5.30 to 6.00 AM **Ciao Cortina**

Sky Sports NFL

412 410 517 507 426 446

6.00 AM **NFL Highlights**
7.00 Super Bowl LX Highlights
8.00 NFL Highlights
9.00 Super Bowl LX Bitesize
9.15 NFL Bitesize Highlights
10.00 Super Bowl LX Highlights
11.00 NFL Highlights Action from Denver Broncos v New England Patriots in the AFC Championship.
12.00 NOON **Super Bowl LX Highlights** Seattle Seahawks v New England Patriots staged at Levi's Stadium.
1.00 PM **Good Morning Football**
3.00 Super Bowl LX Highlights Seattle Seahawks v New England Patriots staged at Levi's Stadium.
4.00 NFL Highlights Action from Seattle Seahawks v Los Angeles Rams in the NFC Championship.
5.00 NBC's Pro-Football Talk With Mike Florio and Chris Simms.
7.00 Super Bowl LX Another chance to see Seattle Seahawks v New England Patriots held at Levi's Stadium in Santa Clara, California.
11.30 NFL Bitesize Highlights New England Patriots v Los Angeles Chargers at Gillette Stadium. **11.45** Action from Carolina Panthers v Los Angeles Rams.
12.00 M'T **The Insiders** NFL news.
1.00 to 6.00 AM **NFL Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 Sky Sports Breakfast The latest sports headlines and reports.
9.00 Ref Watch A look back over the weekend's refereeing decisions.
10.00 LIVE WTA Tennis Coverage of day two of the WTA Doha Open, a hard-court tournament staged at Khalifa International Tennis and Squash Complex in Qatar.
12.00 NOON **LIVE WTA & ATP Tennis** Coverage of events on the WTA and ATP Tours.
8.00 PM **LIVE WTA & ATP Tennis** Further coverage of tournaments on the WTA and ATP Tours.
11.30 Sky Sports News The day's sports news, with live analysis and comment, plus interviews with the leading headline-makers.
12.30 AM **LIVE NBA Basketball Orlando Magic v Milwaukee Bucks.** Coverage of the Eastern Conference match staged at Kia Center. Tip-off **12.30am**.
3.00 LIVE NBA Basketball Los Angeles Lakers v Oklahoma City Thunder. Coverage of the Western Conference match at Crypto.com Arena. Tip-off **3.00am**.
5.30 to 6.00 AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 WTA Tennis Abu Dhabi Open. **8.00** The Cluj Open final. **9.00** The Ostrava Open final.
10.00 WPL Action from the final.
11.00 ATP/WTA Tour Classics
1.00 PM **DP World Tour Golf** Action from the Dubai Invitational.
2.00 PL Greatest Games
3.00 WPL Action from the final.
4.00 Super Bowl LV Highlights Action from Tampa Bay Buccaneers v Kansas City Chiefs.
6.00 ATP Tennis Montpellier Open.
7.00 WTA Tennis Abu Dhabi Open. **8.00** The Cluj Open final. **9.00** The Ostrava Open final.
10.00 Super Bowl LV Highlights Action from Tampa Bay Buccaneers v Kansas City Chiefs.
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** Highlights.
3.00 EFL Greatest Games
4.00 to 6.00 AM **ATP & WTA Tour**

TNT Sports 3

413 415 523 410 432

6.00 AM **International T20 Cricket Highlights** Sri Lanka v Pakistan.
7.00 Premiership Women's Rugby
11.00 The WRC Magazine
11.30 Cyclocross Superprestige races held in Middelkerke, Belgium. **12.30** PM Highlights of cyclocross trophy races held in Lille, France.
1.30 The WRC Magazine Highlights from the WRC Rally Sweden.
2.00 LIV Golf Review of the first round of the season in Saudi Arabia.
4.00 Snooker World Grand Prix Action from the final staged at Kai Tak Arena in Hong Kong.
6.00 LIVE Ultimate Pool Coverage of Group Six of the Women's Champions League, as leading eight-ball players battle it out.
9.30 Fishing: On the Bank Magazine.
10.30 UFC Another chance to see Mario Bautista v Vinicius Oliveira.
1.30 AM **UFC Main Event**
5.30 to 6.00 AM **UEFA Champions League – Classics**

TNT Sports 4

414 416 524 411 434

6.00 AM **Cyclocross** In Lille, France.
7.00 Cycling Event highlights.
9.00 LIVE Winter Olympic Games – Curling Italy v USA. Mixed doubles game. **11.00 Ice Hockey Japan v Italy.** The women's preliminary round Group B match. **12.30** PM **Alpine Skiing** The men's team combined slalom.
2.30 Winter Olympic Games
3.30 LIVE Winter Olympic Games – Ice Hockey Germany v France. The women's preliminary round Group B match. **4.15 Speed Skating** Coverage from the women's 1,000m. **6.00 Ski Jumping** The men's normal hill individual event. **8.00 Ice Hockey Switzerland v USA.** The women's preliminary round Group A game.
10.15 The WRC Magazine
10.45 Cycling News and highlights.
1.00 to 6.00 AM **A-League**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 LaLiga Celta Vigo v Osasuna. **9.00** Barcelona v Mallorca.
11.00 Sporting Greats
12.00 NOON **United Rugby Championship** A replay of Glasgow Warriors v Munster.
2.00 PM **Asian Le Mans Series** The latest action from Dubai.
3.00 Sporting Countdowns
3.30 LaLiga Athletic Bilbao v Levante.
5.30 Sporting Countdowns
6.00 LaLiga Another chance to see Valencia v Real Madrid.
7.55 LIVE LaLiga Villarreal v Espanyol. The Spanish top-flight match from Estadio de la Cerámica. Kick-off **8.00pm**.
10.00 Sporting Greats
10.30 LaLiga Another chance to see Atlético Madrid v Real Betis. **12.30** AM Girona v Sevilla.
2.30 Sporting Greats
3.00 Asian Le Mans Series
4.00 to 6.00 AM **Top 14 Rugby Union**

Premier Sports 2

420 552

6.00 AM **Motorsport** Drew Gibson.
7.00 Argentine Primera Another chance to see Racing v Argentinos.
9.00 Temples of Sport
10.00 Eredivisie Another chance to see FC Utrecht v Feyenoord. **12.00** NOON Another chance to see AZ Alkmaar v Ajax.
2.00 PM **Football's Greatest**
3.00 LaLiga Another chance to see Rayo Vallecano v Real Oviedo. **5.00** Barcelona v Mallorca.
7.00 Football's Greatest
8.00 Elite Ice Hockey League Another chance to see Glasgow Clan v Nottingham Panthers.
10.00 Temples of Sport Iconic sporting venues from around the globe.
10.30 Eredivisie Another chance to see FC Utrecht v Feyenoord.
12.30 AM **Temples of Sport**
1.00 Eredivisie AZ Alkmaar v Ajax.
3.00 Brasileiro Serie A Another chance to see Santos v Sao Paulo.
5.00 to 6.00 AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 2** Highlights.
8.35 Oscar Piastri's Career
8.45 Lando Norris's Career
8.55 F1 Explained: DRS
9.00 Formula 1 Action from the 2025 Qatar Grand Prix sprint race. **10.00** Highlights of the 2025 Qatar Grand Prix qualifying session.
12.00 NOON **Ted's Notebook**
12.30 PM **Formula 1** Qatar Grand Prix.
2.45 Carlos Sainz & the Lie Detector
3.00 Ted's Notebook
3.30 Formula 1 Action from the 2025 Abu Dhabi Grand Prix.
5.00 F1 Barcelona Shakedown
8.00 Formula 1 Highlights from the 2025 Abu Dhabi Grand Prix.
9.30 Ted's Notebook
10.15 Carlos Sainz & the Lie Detector
10.30 Willy T. Ribbs Motorsport's Black Pioneer A profile.
11.30 Gary Neville BTS with Mercedes
11.45 Carlos Sainz & the Lie Detector
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

10 February

Evening Planner

Winter Sports

Winter Olympics
BBC1/2, TNT Sports, Discovery+, from 9am
Canada's women continue the defence of their ice hockey title as they take on the USA in today's preliminary round.

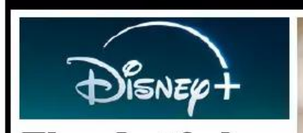
Cookery

MasterChef: The Professionals
BBC1, 8pm (first three eps on BBC iPlayer)
Matt Tebbutt (centre) joins the show as the new judge. Continues tomorrow.

Reality

The Summit
ITV1, 9pm
Ben Shepherd presents as a 14 people take on the challenge of a New Zealand mountain for a potential £200k prize.

OnDemand



The Artful Dodger
Available today
Thomas Brodie-Sangster returns in the long-awaited second season of the adventure set in Australia.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef: The Professionals		9.00 Silent Witness		10.00 News; Local News	10.40 Trying
	102 BBC2	◂ 5.15 Winter Olympics – Live: The concluding coverage of day four						10.00 QI	10.30 Newsnight
	103 ITV1	7.15 The Martin Lewis Money...		8.00 Emmerdale	8.30 Coronation...	9.00 The Summit		10.10 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bargain Holiday Secrets		9.00 24 Hours in Police Custody		10.00 999: What Happened Next	
	105 5	7.00 Dorset: Country and Coast		8.00 Dogs Behaving (Very) Badly		9.00 The Good Ship Murder		10.00 Fare Dodgers: At War with the Law	
	106 SKY SHOWCASE	7.00 Gillette Labs Soccer Special							10.30 Josh...
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 The Weakest Link		8.15 Alan Carr's Picture Slam	9.00 RuPaul's Drag Race UK vs the World			10.15 Dinosaur
	116 BBC4	7.00 Great British...	7.30 Roy Clarke...	8.00 Open All Hours	8.30 Keeping Up...	9.00 London: A Tale of Two Cities with Dan...		10.00 The Secret Science of Sewage	
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars			10.05 Grosse Pointe Garden Society
	136 MORE4	◂ 6.55 Car S.O.S.				9.00 Saving Country Houses with Penelope...		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Law & Order: Special Victims Unit		10.00 Fire Country	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 Succession			
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 dinnerladies				10.15 Not Going Out
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Foyle's War	
	120 ITV4	7.00 More Than Machine		8.00 The Motorbike Show		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Snatch			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			10.05 The Leftovers
	113 SKY MAX	7.10 Stargate SG-1			8.10 Never Mind the Buzzcocks	9.00 Film: Eye in the Sky			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Father Brown		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 The World in a Painting: Manet's Lamps			9.15 Discovering Romance on Film		
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 One Born Every Minute				10.00 Emergency: First Time Medics	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Gold Rush			
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 The Pool Master		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: The Fall of Hitler				10.00 The Battle for Britain: Drain the Oceans	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Weird Britain		9.00 Lost Grail with Alice Roberts		10.00 Secrets in the Sand	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
	121 SKY DOCS	7.05 The Jinx Part Two		8.00 The Man Who Bought Cricket					
FILMS - Sky Cinema	301 PREMIERE	◂ 6.30 The Naked Gun		8.00 M3GAN 2.0				10.10 Reckless	
	302 VALENTINES	◂ 5.50 It's Complicated		8.00 Just Go With It				10.00 Sex Tape	
	303 BUDDY FILMS	◂ 5.50 Sherlock Holmes		8.00 Sherlock Holmes: A Game of Shadows					10.20 Superbad
	304 GREATS	◂ 6.15 Billy Madison		8.00 So I Married an Axe Murderer			9.35 The Wedding Singer		
	305 ANIMATION		7.25 Penguins of Madagascar			9.10 Cloudy with a Chance of Meatballs			
	306 FAMILY	◂ 6.00 The BFG		8.05 Harold and the Purple Crayon			9.45 Monster Trucks		
	307 ACTION	◂ 5.50 Jurassic World: Fallen Kingdom		8.00 Batman Forever				10.15 Black Hawk Down	
	308 COMEDY	◂ 6.10 Beverly Hills Cop		8.00 The Phoenician Scheme			9.45 Daddy's Home 2		
	309 THRILLER	◂ 6.05 Speak No Evil		8.00 Black Bag			9.45 The Godfather		
	310 DRAMA	◂ 6.00 Little Women		8.00 Amadeus					10.40 About...
	311 SCI-FI	◂ 5.50 Back to the Future Part III		8.00 Pacific Rim				10.15 Pet Sematary	
	313 FILM4	◂ 6.50 The League of Extraordinary Gentlemen				9.00 Alice, Darling			
SPORT	401 MAIN EVENT	◂ 5.00 Tennis – Live	7.30 EFL – Live: Birmingham City v West Bromwich Albion (Kick-off 8.00)						10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 Netbusters
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Birmingham City v West Bromwich Albion (Kick-off 8.00)						10.30 EFL Highlights
	405 CRICKET	7.00 ICC Men's T20 World Cup							
	410 TNT SPORTS 1	7.00 Premier League – Live: West Ham United v Manchester United (Kick-off 8.15)							
	411 TNT SPORTS 2	7.15 Winter Olympic Games – Live: Coverage of Figure Skating featuring the men's short program							10.30 Ciao Cortina

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 LIVE **Winter Olympics** Hazel Irvine presents coverage of day four of the 25th staging of the Games, with events including the men's and women's cross-country skiing sprint classic finals, and the mixed team relay in speed skating. *Coverage continues on BBC2.* (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Winter Olympics** Further coverage of day four, with events including the women's luge and a women's ice hockey match between Italy and Germany. *Coverage continues on BBC2.* (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

8.00 MasterChef: The Professionals

7 PM

7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Ravi struggles to deal with recent events, Max attempts to manage a situation, and Alfie gets a shock. (S)(AD)

8 PM

8.00 NEW SERIES **MasterChef: The Professionals** 1/21. Marcus Wareing, Monica Galetti and new judge Matt Tebbutt search for a culinary star. *See feature, page 11.* (S)(AD)
■ Continues tomorrow

9 PM

9.00 **Silent Witness** New episode *The Enemy Within – Part Two:* 4/10. The forensics team find flaws in the evidence against the prime suspect, while another attack proves personal for one of the detectives. (S29) (S)(AD)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Trying** New episode *Big Heads:* 3/8. Jason and Nikki head to Cornwall, where Nikki is disconcerted to see Jason's old girlfriend at his grandmother's funeral. (S2) (S)(AD)
11.10 **Trying** New episode *Helicopters:* 4/8. Freddy babysits while Erica goes on a date. (S2) (S)(AD)
11.40 NEW TO BBC1 **Dinosaur** 1/6. Return of the comedy. Nina is desperate to return home. (S)(AD)
12.10 AM New episode 2/6. Nina hopes life will go back to normal. *Previously on BBC3.* (S2) (S)(AD)
12.35 **The Weakest Link** Quiz. (S)(R)
1.20 **Weather for the Week Ahead** (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Pointless** (S)(R)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
9.00 **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Dr Xand's Con or Cure** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 LIVE **Winter Olympics** Jeanette Kwakye presents further coverage of day four of the 25th staging of the Games, including the women's combined team event from Cortina d'Ampezzo, Italy. *Coverage continues on BBC1.* (S)
2.00 **Politics Live** (S)
2.45 **Unbeatable** Quiz show. (S)(R)
3.30 **Escape to the Country** (S)(R)
4.30 **Flog It!** The team visit Stockport, Greater Manchester. (S)(R)

5.15 Winter Olympics

5.15 LIVE **Winter Olympics** Clare Balding presents the concluding coverage of day four of the 25th staging of the Games from Italy. The fourth and final run of the women's luge takes place at Cortina Sliding Centre, and the curling mixed doubles final is contested at Cortina Curling Olympic Stadium. There's also action from the eagerly anticipated Canada v USA women's match at Milano Santagiulia Ice Hockey Arena, a repeat of the 2022 final, which Canada won. Plus, the men's figure skating competition gets under way at Milano Ice Skating Arena, with all eyes on America's 21-year-old world champion Ilia Malinin. (S)

10.00 **QI** New edition 15/16. A selection of highlights from the W series of the comedy quiz show hosted by Sandi Toksvig. (S)
10.30 **Newsnight** (S)
11.00 FILM PREMIERE **Queer** Romantic drama starring Daniel Craig and Jason Schwartzman. (S) (2024, 18, 130min) ★★★ *See review, page 24.*
1.10 AM **Sign Zone: What We Do in the Shadows** 5/11. (S6) (S)(R)(AD)
1.40 **Sign Zone: Lord of the Flies** (S)(R)
2.35 **Sign Zone: Can You Keep a Secret?** 5/6. (S1) (S)(R)(AD)
3.05 **Sign Zone: The Apprentice** (S)(R)
4.05 **Sign Zone: The Apprentice: Unfinished Business** (S)(R)(AD)
4.35 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team head to Bradford, where items include an aquamarine and diamond ring. (S)(R)(AD)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as contestant Jovan tries to open the 22 boxes in the right order. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Emmerdale

7.15 **The Martin Lewis Money Show: Live** New edition The cash expert presents his informative Big Briefing, while making sure viewers don't miss out on the best deals for their pockets in his latest News You Can Use. (S)
8.00 **Emmerdale** Joe threatens Victoria, while Sarah supports Cain. (S)(AD)
8.30 **Coronation Street** Jodie plies Shona with alcohol to distract her, and Sam suspects Megan of sabotaging his school work. (S)(AD)
9.00 NEW SERIES **The Summit** 1/8. Ben Shephard presents as 14 people from all walks of life come together to attempt to climb one of New Zealand's highest peaks and win a share £200,000. *See feature, page 6.* (S)(AD)
■ Continues tomorrow
10.10 **ITV News** (S)
10.40 **Local News** (S)
10.55 **The Murder of Alice Ruggles: Social Media Murders** 2/4. The story of how a young woman was brutally murdered by a calculating ex-boyfriend who used social media and the internet to stalk and torment his victim. (S)(R)(AD)
11.50 **The Summit** As 9pm. (S)(R)(AD)
12.50 AM **Teleshopping**
3.00 **Dermot O'Leary's Taste of Ireland** 1/5. The presenter goes back to his roots on a gastronomic tour to discover Ireland's best kept culinary secrets, beginning in Co Wexford. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 10-12/26. (S8) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Missing equipment threatens to ruin Kev and Tonia's mobile art classes in Normandy. (S)
5.00 **Chateau DIY: Win the Dream** New edition Janet and Philip Barnard-Brown join Max McMurdo to judge the dining room transformations. (S)(AD)
6.00 **A Place in the Sun** New edition A woman searches for a holiday home in coastal Tuscany. (S)

8.00 Bargain Holiday Secrets

7.00 **News** (S)
8.00 **Bargain Holiday Secrets** New edition 2/5. Jasmine Harman meets holiday insiders who reveal how to bag a long-haul break on a short-haul budget, from bagging ultra-low fares, to upgrading an in-flight experience. (S)(AD)
9.00 **24 Hours in Police Custody** *The Horror House – Part One:* Focusing on the case of a man who sexually preyed on young people in Luton, which eventually became Bedfordshire Police's largest operation into historic abuse. (S)(R)(AD)
10.00 **999: What Happened Next** New edition 3/4. A father and son go on the run after a late-night supermarket argument explodes into violence, and police search for three men who broke into the bedroom of an elderly woman. (S)(AD)
■ Entire series on C4 Streaming
11.05 **Manhunt** 3/3. Police hear reports of a known criminal with a firearm attending a concert. (S)(R)(AD)
12.05 AM **Sky Coppers** (S)(R)(AD)
1.00 **Secret Genius** (S)(SL)(R)(AD)
1.55 **Ramsay's Kitchen Nightmares USA** From Philadelphia. (S)(SL)(R)
2.45 **The Last Leg** (S)(SL)(R)
3.40 **Location, Location, Location** (R)
4.40 **Kirstie's House of Craft** (S)(R)
4.50 **Kirstie and Phil's Love It or List It**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Madame Blanc Mysteries** Christmas special from 2025. A murderer turns the festive season into a nightmare for Jean and friends. (S)(R)(AD)
5.00 **News** (S)
6.00 **Love Nature** New edition 7/10. An initiative in the Midlands that encourages children to engage in outdoor play. (S)
6.05 **The Motorway** Patrollers come to the rescue of a terrified family who have broken down in the middle of the M60. (S)(R)
6.55 **News** (S)

8.00 Dogs Behaving (Very) Badly

7.00 **Dorset: Country and Coast** A visit to the oldest ice-cream parlour in Weymouth, where Fulvio and Aimee Figliolini are carrying on the family tradition. (S)(R)
7.55 **News** (S)

8.00 **Dogs Behaving (Very) Badly** New edition Trainer Graeme Hall meets two warring spaniels who are ruining a long-awaited retirement for their owners, and an over-excited Labradoodle. (S)

9.00 **The Good Ship Murder** New episode *Ibiza:* 7/8. Alex and Lucia reunite at a nightclub in Ibiza, co-owned by Lucia. When Lucia's slimy business associate is found dead, Jack and Kate try to find the killer. (S3) (S)(AD)

10.00 **Fare Dodgers: At War with the Law** At Hayes, investigators trail a man they believe has racked up nearly £2,500 in unpaid fares by fraudulently making contactless payments with a rogue bank card. (S)(R)

11.05 **Call the Bailiffs: Time to Pay Up** The agents collect a debt of more than £180,000. (S)(R)(AD)
12.00 M'T **Police Interceptors** (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** (S2) (S)(R)(AD)
3.50 **The Chernobyl Disaster: Meltdown** Documentary. (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
3.00 **S.W.A.T.** 15/18. (S4) (S)(R)(AD)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *Like Father, Like Clown:* Lisa and Bart help Krusty find his father. (S)(R)
5.30 **The Office (US)** 19/22. Michael celebrates his birthday by taking the staff ice-skating. (S)(R) **6.00** 20/22. Dwight discovers marijuana in the car park. (S)(R) **6.30** 21/22. Chaos ensues when Michael takes over conflict resolution duties from the HR department. (S2) (S)(R)

10.30 Josh Widdicombe: Bit Much...

7.00 **Gillette Labs Soccer Special** Featuring pre-match reports and news of all tonight's goals as they go in, with studio guests keeping an eye on the big games and talking points. There are four Premier League fixtures taking place this evening – Tottenham Hotspur v Newcastle United, West Ham United v Manchester United, Chelsea v Leeds United and Everton v Bournemouth.

10.30 **Josh Widdicombe: Bit Much...** Stand-up show from the London Palladium, in which Josh tackles the hot comedy topics of advent calendars, weddings and the closing time of his local park. (S)(R)

11.45 **The Force: North East** A high-speed chase ends with a sinister discovery in the fugitive's abandoned car. (S)(R) **12.45** AM A burglar is arrested twice within days, and an argument over cigarettes takes a nasty turn. (S)(R)
1.40 **Road Wars** Double bill. (S)(R)
3.00 **S.W.A.T.** 15/18. (S4) (S)(R)(AD)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm Sportscene: Premiership Highlights (S)(R) **11.10** Dinosaur (S)(R)(AD) **12.05am** Trying New episodes (S)(AD) **1.05** Scotcast (S)(R) **1.35** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
11.40pm Industry New episode (S)(AD) **12.40am** Dinosaur (S)(R)(AD) **1.35-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm The Truth About My Murder New edition (S) **11.20** Trying New episodes (S)(AD) **12.20am** The Traitors Ireland (S)(R) **1.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Farm 999 (S)(R)

WALES
Sky 968, Freesat 968
2.45pm First Minister's Questions (S) **3.45-4.30pm** Unbeatable (S)(R)

ITV1

As main ITV1 except:

WALES
10.55-11.50pm Sharp End: Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Cegin Bryn: Tir a Môr **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gronyn Gobaith: Cymry Cern **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Llyn **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** NEW SERIES Amour & Mynydd **10.00** Taith Bywyd (AD) **11.00-11.35pm** Y Fets (AD)

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall heads to Australia.
7.30 **The Weakest Link** With Dick and Dom, Chris Packham, Michelle Collins, Gemma Cairney, Nikki Fox, Clair Norris and Dev Griffin.
8.15 **Alan Carr's Picture Slam** Contestants from London, Manchester, and Swansea take part in the game show.
9.00 **RuPaul's Drag Race UK vs the World** New edition 3/8. The queens showcase their celebrity impressions and improvisation skills in the Snatch Game.
10.15 **Dinosaur** 1/6. Nina is desperate to get back home. **10.40** 2/6. Nina hopes life will return to back to normal in Glasgow. (S2)
11.10 **Sin City: The Real Las Vegas** 1&2/2. Documentary.
12.40 AM **Fake Friend: The Ticket Scammer**
1.40 **Dating Apps: The Inside Story** Documentary.
2.40 **to 3.55** AM **RuPaul's Drag Race UK vs the World**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo explores RAF Lakenheath.
7.30 NEW **Roy Clarke Remembers...** Writer Roy Clarke takes a look back at his sitcom *Open All Hours*.
8.00 **Open All Hours** Grumpy grocer Arkwright decides to buy a guard dog.
8.30 **Keeping Up Appearances** Daddy suffers an accident.
9.00 **London: A Tale of Two Cities with Dan Cruickshank** The historian examines how the city coped with a series of disastrous events in the 17th century.
10.00 **The Secret Science of Sewage** The science finding renewable resources and undiscovered life in sewage.
11.00 **Easter Island Origins**
12.00 M'T **Horizon: Mir Mortals**
12.50 AM **The Secret Science of Sewage** As 10.00pm.
1.50 **Great British Railway Journeys** As 7.00pm.
2.20 **to 3.20** AM **London: A Tale of Two Cities...**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A couple search for a retirement home in France's Lot-et-Garonne region.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend secretly restore a Triumph TR4. **6.55** Tim and Fuzz restore a classic Japanese sports coupe – a 1972 Toyota Celica.
8.00 **Car S.O.S** Tim and Fuzz try to revive a Land Rover Discovery Series 1, which is a beloved family heirloom.
9.00 **Saving Country Houses with Penelope Keith** New edition At Treberfydd House in Wales, the biggest wedding of the year gets under way – at least if the weather holds. Meanwhile, a Shropshire treehouse and its very old tree is in need of some restoration work.
10.00 **24 Hours in A&E** A 12-year-old is rushed to St George's after suffering a severe asthma attack.
11.05 **24 Hours in A&E**
12.10 AM **Saving Country Houses with Penelope Keith** As 9.00pm.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped's Caribbean Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** The McQueens panic when the police turn up on their doorstep.
7.30 **The Simpsons** *'Cue Detective:* Homer is challenged to a barbecue cook-off by a TV chef.
8.00 **First Dates** Italian 'nice guy' Matteo's date is Sam, a marketing consultant, who pursues a rather intense line of questioning.
9.00 **Gogglebox** Opinions on *Strictly Come Dancing, Serengeti II* and *Vigil*.
10.00 **Gogglebox** Views on *Squid Game* and *The Mating Game*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.15 **First Dates**
2.15 **Gogglebox**
3.10 **Naked Attraction**
4.05 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Tuesday primetime

Tuesday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 11/22. (S5)
1.00 PM **The Rookie** 1&2/18. (S7)
3.00 **Watson** 12/13. Members of the team fall ill after becoming targets of a sinister plot. (S1)
4.00 **Law & Order: Criminal Intent** 16/22. A murder suspect leads a double life. (S1)
5.00 **Nothing to Declare**

10.00 Fire Country

7 PM

7.00 **Police 24/7** A crime prevention unit's car is rammed, and a homeless woman is warned to stop assaulting people.

8 PM

8.00 **Law & Order: Criminal Intent** *Family Values:* 9/16. Emerging details expose Mary's husband Paul as a fraud. (S8)

9 PM

9.00 **Law & Order: Special Victims Unit** *Carousel:* 6/13. The team search for a suspect targeting tourists staying in hostels. (S25)

10 PM

10.00 **Fire Country** *Get Some, Be Safe:* 5/22. A panicked horse refuses to be evacuated from a burning barn. (S1)
11.00 **The Rookie** 12/22. (S4)
12.00 M'T **FBI** 10/22. (S5)
1.00 AM **Law & Order: Criminal Intent** 2/16. (S8)
2.00 **Matlock** New episode (S2)
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
8.00 **Boardwalk Empire** (S5)
10.10 **The Sopranos** (S5)
12.20 PM **Game of Thrones** (S6)
2.30 **The Wire** 1/10. The Major Crimes Unit is disbanded. **3.35** 2/10. Marlo makes a deal with Avon. (S5)
4.40 **Westworld** 7/8. Bernard, Stubbs, and William escape from all the chaos. (S3)
5.45 **Deadwood** As 11.10pm.
6.50 **Game of Thrones** 3/10. Daenerys meets her future, and Bran meets the past. (S6)

9.00 Succession

7.55 **Game of Thrones** *Book of the Stranger:* 4/10. Tyrion strikes a deal, Jorah and Daario undertake a difficult task, while Jaime and Cersei try to improve their situation. (S6)

9.00 **Succession** *Austerlitz:* 7/10. The Roys gather for a family therapy session, and Kendall finds his sobriety tested.

10.05 **Succession** *Prague:* 8/10. Tom has a bachelor party to remember, while Kendall and Roman eye new opportunities. (S1)
11.10 **Deadwood** 3/12. Brian Cox joins the cast as a stage promoter on a mission to introduce a modicum of culture to the residents. (S3)
12.15 AM **The Sopranos** (S4&5)
2.50 **Game of Thrones** (S6)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 6/13. (S9)
9.00 **Stargate SG-1** (S7)
11.00 **Karl Pilkington: The Moaning of Life** Happiness.
12.00 NOON **The Flash** 7/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
3.05 **S.W.A.T.** 15/18. (S4)
4.10 **A League of Their Own Road Trip: Dingle to Dover**
5.10 **Karl Pilkington: The Moaning of Life** Happiness.
6.10 **Stargate SG-1** 17/22. Part one of two. A film crew arrive to document the life of SG-1. (S7)

9.00 Eye in the Sky

7.10 **Stargate SG-1** *Heroes – Part Two:* 18/22. An off-world rescue mission ends in tragedy when a popular member of the SGC staff is killed. (S7)

8.10 **Never Mind the Buzzcocks** With guests Mel B, Alex James, Julian Clary and Sister Bliss.

9.00 **FILM Eye in the Sky** Thriller starring Helen Mirren. A mission to wipe out a terrorist cell is complicated when a girl enters the blast radius of a planned drone strike. (2015, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **Fear the Walking Dead** *Brother's Keeper:* 12/16. Nick and Jake set out to handle a delicate situation. (S3)

11.55 **The Force: North East** Double bill of editions.
2.00 AM **Road Wars**
3.00 **S.W.A.T.** 15/18. (S4)
4.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Love Island All Stars

7.00 **Deal or No Deal** Stephen Mulhern hosts as Denise takes on the banker for the chance to win life-changing money.

8.00 **The Real Housewives of Orange County** New edition The ladies wake up in New Orleans after Tamra's departure.

9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.

10.05 **Grosse Pointe Garden Society** New episode *Germination:* 7/13. Alice faces unexpected challenges at work. (S1)
11.05 **Family Guy** 9/20. Peter and Brian go head to head. **11.35** 3/20. Stewie makes a friend his own age. (S17)
12.05 AM **American Dad!** (S14)
1.05 **Bob's Burgers** (S12)
2.05 **Plebs** 4/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *High Castle:* The detective is drawn into the world of Nazi businessmen.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Out of Africa:* Lord Ashfordly's tenants are angered when his new estate manager raises their rents.

6.55 Heartbeat

6.55 **Heartbeat** *The Dreams That You Dream:* Gina and Phil make final wedding preparations.

8.00 **Vera** *Dark Angel:* The detective investigates Newcastle's drug underworld to discover the identity of a man found dead in the river, which leads her back to the site of a 13-year-old murder.

10.00 **Foyle's War** *Trespass:* The son of a high-profile Jewish businessman is attacked in the grounds of a university.
11.50 **Trial & Retribution** 8/10. Part two of two. Rachel Burns, chief suspect in the case of a dead baby, looks for a new identity as the team continue their desperate search for her. (S10)
1.20 AM **The Larkins** 6/6. (S2)
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Natalie and Dazza head to Penicuik in Midlothian.
8.00 **Island Crossings** The MV *Isle of Mull* is taken to dry dock for its annual overhaul.
9.00 **Murder Trial: The Killing of Dr Brenda Page** 1/2. Documentary following the trial of the man accused of one of Scotland's most notorious mysteries. **10.00** 2/2. A key witness provides first-hand evidence of Christopher Harrisson's behaviour in the days surrounding the murder.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** The criminologist examines two cases of murder by women.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Ballers** 1&2/10. (S3)
10.20 **Sex and the City** (S2)
11.30 **Entourage** (S3)
12.30 PM **Will & Grace** (S5)
1.30 **Sex and the City** (S2)
2.30 **Ballers** 3&4/10. (S3)
3.50 **And Just Like That...**
4.50 **The Office (US)** (S2&3)
5.50 **Will & Grace** (S5)
6.50 **Community** (S5)
7.50 **Sex and the City** 13/18. Guest stars Jon Bon Jovi. **8.25** 14/18. Carrie looks for romance. (S2)
9.00 **FILM The Edge of Seventeen** Comedy drama starring Hailee Steinfeld. (2016, 15, 104min) ★★★★
11.00 **And Just Like That...** *Bomb Cyclone:* 6/11. Carrie asks Che to be her moral support. (S2)
11.50 **Community** (S6)
12.50 AM **Entourage** (S3)
1.55 **Ballers** 3&4/10. (S3)
3.15 **to 5.00** AM **Curb Your Enthusiasm**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Arts Uncovered**
6.20 **Handel: La Resurrezione**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Painting Birds**
3.00 **Classic Literature & Cinema** Romance.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **The World in a Painting: Manet's Lamps**
9.15 **Discovering**
10.45 **NEW Hugh Grant: Love Language**
11.45 **FILM The Great Dictator** (1940, b/w) ★★★★★
2.00 AM **Landscape Artist of the Year** New edition
3.00 **Klimt and the Kiss**
4.15 **Auction**
4.45 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** 5/26. (S7)
8.00 **Star Trek: Deep Space Nine** *What You Leave Behind – Part Two:* 26/26. Last episode. (S7)
9.00 **Fire Country** 6/22. (S1)
10.00 **FBI: International** (S1)
11.00 **Grimm** 10/22. (S5)
12.00 M'T **Wynonna Earp** (S4)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Who Wants to Be a Millionaire? Celebrity Special** Anton Du Beke and Fred Sirieix compete to win a cash prize for charity.
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** David tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the quiz hosted by Adil Ray.
9.00 **Wheel of Fortune** Graham Norton hosts the game show as cleaner Fillie, business manager Craig and university graduate Becky compete to solve word puzzles.
10.00 **Tipping Point** Triple bill of the quiz show hosted by Bradley Walsh.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
6.00 **Location, Location, Location** Double bill.
8.00 **Sailing the Shipping Forecast with the Rev Richard Coles** 1/4. The host travels round the coasts of the UK.
9.00 **Secret Genius** 3/6. Challenges based on the games Mensa use to measure IQ.
10.05 **The Fabulous Funeral Parlour** Documentary.
11.05 **8 Out of 10 Cats Does Countdown**
12.05 AM **24 Hours in A&E**
1.05 **Gogglebox**
2.05 **The Great Icelandic Swim with Ross Edgley**
3.10 **24 Hours in Police Custody** Documentary.
4.05 **to 5.00** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.05 **Magnum, PI**
9.05 **Kojak**
10.10 **Boon**
11.25 **The Sweeney**
12.25 PM **Robin of Sherwood**
1.35 **Magnum, PI**
2.40 **Kojak**
3.45 **Boon**
4.50 **The Sweeney** *Supersnout:* The squad become obsessed with catching a gang of thieves.
5.55 **Minder** *A Lot of Bull and a Pat on the Back:* Arthur and Terry are hired to transport a bull.

4.50 The Sweeney

7.00 **More Than Machine** New edition The trials and tribulations of competing in rally driving at the highest level.
8.00 **The Motorbike Show** Henry Cole discovers the delights of riding in Cornwall and tells the story of the Paris-Dakar Rally.
9.00 **Ice Road Truckers** Jack Jessee volunteers to transport goods to the northern oilfields via the Dalton Highway.
10.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Auf Wiedersehen, Pet** 6/13. Brenda thinks Neville is living it up in Germany as a girl accuses him of assault. (S1)
1.10 AM **Shardlake** 1/4. (S1)
2.05 **Minder** As 5.55pm.
3.00 **Teleshopping**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 22/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 23/26. (S5)
2.00 **The Ark** 1&2/12. (S2)
4.00 **Stargate SG-1** 11/22. (S2)
5.00 **Star Trek: Voyager** 15/16. (S1)
6.00 **Star Trek: The Next Generation** 22/26. A girl's imaginary friend takes on a life of its own and has plans to destroy the *Enterprise*. (S5)

8.00 Stargate SG-1

7.00 **Star Trek: Deep Space Nine** *Blaze of Glory:* 23/26. Sisko releases a Starfleet traitor in a bid to stop a missile attack. (S5)
8.00 **Stargate SG-1** *The Tok'ra – Part One:* 11/22. Samantha has a vision that leads to a meeting with the Tok'ra. (S2)
9.00 **Westworld** *Trompe L'oeil:* 7/10. Delores and William continue to tread into dangerous territory. (S1)
10.05 **The Leftovers** *Solace for Tired Feet:* 7/10. Kevin leads the search party when his father escapes from the hospital. (S1)
11.10 **Wynonna Earp** 2/12. The team deal with new arrivals. (S3)
12.00 M'T **True Blood** 9/12. Eric takes advantage of Sookie. **1.00** AM 10/12. Bill, Sookie and Jason return to a devastated Bon Temps. (S2)
2.00 **The Ark** 1&2/12. (S2)
4.00 **Wynonna Earp** As 11.10pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 19/22. (S6)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Miss Fisher's Murder Mysteries** 1/8. (S3)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S11)
4.00 **The Mentalist** 19/22. (S6)
5.00 **Hudson & Rex** 17/20. Charlie gets a break in a long-unsolved kidnapping case. (S5)
6.00 **Father Brown** *The Deserving Poor:* Blind 'Arry is arrested for murder at an almshouse.

8.00 Death in Paradise

7.00 **Miss Fisher's Murder Mysteries** *Death-Defying Feats:* 1/8. A magician's assistant is killed when a trick goes wrong. (S3)
8.00 **Death in Paradise** *Damned If You Do:* 3/8. The president of a military re-enactment society dies mid-battle. (S4)
9.00 **Father Brown** *The Cat of Mastigatus:* The sleuthing priest investigates when a girl is left for dead at a boys' school fete.
10.00 **Death in Paradise** *Murder in the Polls:* 8/8. A political candidate is stabbed to death in the polling booth. (S6)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 6/10. Margaret and Lyle go in search of a reluctant witness. (S2)
1.00 AM **Death in Paradise**
2.00 **Evil** 7/10. (S3)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
9.15 **Dad's Army**
9.55 **Are You Being Served?**
10.35 **Porridge**
11.15 **Keeping Up Appearances**
11.55 **Last of the Summer Wine**
1.10 PM **The Green Green Grass**
1.50 **dinnerladies**
2.25 **Dad's Army**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

8.20 dinnerladies

7.00 **Porridge** Fletcher objects to having a third cellmate foisted on him.
7.40 **Dad's Army** Corporal Jones finds himself cast adrift during an exercise.
8.20 **dinnerladies** Norman the breadman fails to deliver, and Jean has bridesmaids' knickers on her mind.
9.00 **dinnerladies** Bren's mother Petula wreaks havoc in the factory. **9.35** Philippa has a bright idea for raising the kitchen staff's spirits.
10.15 **Not Going Out** Kate and Lee take in a lodger.
10.55 **Keeping Up Appearances** Hyacinth agrees to meet a VIP.
11.30 **dinnerladies** Double bill.
12.50 AM **Not Going Out**
1.25 **The Green Green Grass**
2.15 **Don't Wait Up**
2.45 **Not Going Out**
3.15 **to 4.00** AM **Keeping Up Appearances**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Things You Need to Know**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Speed with Guy Martin**
11.00 **Rick Stein's Secret France**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** New Zealand.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Secret France** Rick's journey takes him to the Spanish border, the Pyrenees and the Mediterranean coast.

6.00 Rick Stein's Secret France

7.00 **Would I Lie to You?** With Jack Dee, Romesh Ranganathan, Gaby Roslin and Tinchy Stryder.
7.40 **Richard Osman's House of Games** Guests include Justin Moorhouse. **8.20** With Janet Ellis, Suzi Ruffell, Darren Harriott and Radzi Chinyanganya.
9.00 **QI XL** Stephen Fry poses questions on inventions to panellists Jason Manford, Jeremy Clarkson, Sandi Toksvig and Alan Davies.
10.00 **Have I Got a Bit More News for You** Jo Brand hosts the satirical current affairs quiz, with Phil Wang and Heidi Allen.
11.00 **Taskmaster** Jessica Knappett mimics a foghorn, and James Acaster finds various circles.
12.00 M'T **Mock the Week** With Tom Allen, Maff Brown, Ria Lina and Rhys James.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74 259

Tuesday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 3-5/24. (S3)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Bait:* 18/24. The team attempt to stop a suicide bomber. **7.00** *Iced:* 19/24. A US Marine's body is found in a frozen lake. **8.00** *Untouchable:* 20/24. A Pentagon cryptographer dies in odd circumstances. (S3)
9.00 NEW SERIES **Law & Order** *Catch and Kill:* 1/22. A Brooklyn prosecutor is found slain in her apartment. (S24)
10.00 **Law & Order: Special Victims Unit** *Zero Tolerance:* 3/24. Benson and Stone try to reunite a rescued girl with her mother. (S20)
11.00 **Law & Order: Special Victims Unit** (S20&19)
1.45 AM **Person of Interest**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Doctors treat a man who has fallen from a ladder.
9.00 **Extreme Nightmare Tenants** Documentary.
10.00 **999: Critical Condition**
11.00 **Skin A&E**
12.00 M'T **999: Killer on the Line** Alan Evans.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.40 **to 4.00** AM **Trucking Hell**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Traffic Cops**
10.10 **Police Interceptors**
12.10 PM FILM **Whispering Smith** Western drama. (1948, PG, 88min) ★★
2.10 FILM **The Lawless Breed** Western drama starring Rock Hudson. (1952, PG, 83min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Officers embark on a series of operations targeting crimes connected to narcotics. **7.00** Tom tries to stop a suspected petrol thief.
8.00 **Motorway Cops: Catching Britain's Speeders** Double bill.
10.00 **Police: Suspect No 1**
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Ice Road Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake** Pete is introduced to a litter of puppies known as the Potato Pups, who were found abandoned in a crisp box.
8.00 **One Born Every Minute** Cameras follow first-time parents Rochalla and Craig. **9.00** Three men prepare for fatherhood.
10.00 **Emergency: First Time Medics** Double bill.
12.00 M'T **Louis Theroux's Altered States**
1.00 AM **Louis Theroux: Extreme Love – Dementia** Documentary.
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Miss Scarlet and the Duke** 6/6 .(S3)
7.55 **Doctors**
9.05 **Classic Holby City**
10.05 **Classic Casualty**
11.10 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **The Thin Blue Line**
6.00 **Last of the Summer Wine** Triple bill.
8.00 **Harry Wild** New episode *Cleanliness Is Next to Deadliness:* 5/6. (S3)
9.00 **Whitstable Pearl**
10.00 **New Tricks**
11.20 **Shakespeare & Hathaway: Private...**
12.20 AM **Waking the Dead**
1.40 **The Thin Blue Line**
2.25 **Last of the Summer Wine** Classic comedy.
2.55 **to 4.00** AM **Copper**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Indian Railway Journeys**
8.00 **Bangers & Cash**
10.00 **Ghosts of Alderney: Hitler's Island Slaves**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 NEW **Ghosts of Alderney: Hitler's Island Slaves** Atrocities committed by the Nazis on the island of Alderney during World War Two.
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys** Timothy and Prunella explore the Naviglio Grande Canal in Italy.
8.00 **Bangers & Cash: Restoring Classics**
9.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering** Double bill.
2.00 **to 3.00** AM **Masters of Reinvention**

+1 hour 255 329

TUESDAY Entertainment

Tuesday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Devon.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House** Victorian gadgets.
4.00 **Long Lost Family: Born Without Trace**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Long Lost Family** Featuring the stories of two men hoping to find their birth families.
10.00 **Long Lost Family: What Happened Next** Davina McCall and Nicky Campbell revisit more of the programme's most memorable searches.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 7-9/22. (S7)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** 1/8. (S2)
4.10 **Hamish Macbeth** (S2)
5.20 **Doctor Finlay** 8/8. (S4)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 16/22. Potter enlists a psychiatrist. **8.00** 17/22. Hawkeye decides to make a will. **8.30** 18/22. Hawkeye is the target of bribery. (S10)
9.00 **Brush Strokes** 4/6. Jacko experiences Italian family life. **9.40** 5/6. Lesley finds a new job, and Jacko gets a nasty shock. **10.20** 6/6. Lionel becomes paranoid. (S4)
11.00 **The New Avengers**
12.00 M'T **The Avengers** (S5)
1.00 AM **M*A*S*H** (S10)
2.25 **A Fine Romance** (S4)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 FILM **Wrangler** Australian Western. (1989, 12, 92min) ★★
12.00 NOON **The High Chaparral** 7/26. (S3)
1.00 PM FILM **The Quick Gun** Western drama. (1964, PG, 87min) ★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers** (S1)
7.00 **The Avengers** (S5)
8.00 **The Baron** 2/30. (S1)
9.00 FILM **Red Sun** Western with Charles Bronson and Toshiro Mifune. (1971, 15, 112min) ★★
11.25 FILM **The Ballad of Lefty Brown** Western starring Bill Pullman. (2017, 15, 111min) ★★★
1.45 AM **The Baron** (S1)
2.45 **The Avengers** (S5)
3.45 FILM **Wrangler** (1989)
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **One in a Million** (2016, PG) ★★
10.05 **Unforgettable** (S4)
11.05 **Castle** 10/23. (S6)
12.05 PM FILM **An Aurora Teagarden Mystery: A Bone to Pick** Drama. (2015, PG, 84min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 11/23. (S6)
8.00 **Unforgettable** (S4)
9.00 FILM **An Aurora Teagarden Mystery: Real Murders** Thriller. (2015, PG, 90min) ★★
10.55 FILM **Guilty Until Proven Innocent** Thriller. (2016, PG, 85min) ★★
12.50 AM FILM **A Housekeeper's Revenge** Thriller. (2016, PG) ★★
2.25 FILM **Til Ex Do Us Apart** Thriller. (2018, 12) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.10 AM FILM **Cooking with Love** Romantic comedy. (2018, PG, 90min) ★★
10.15 FILM **Love at the Ranch** Drama. (2020, PG) ★★
12.15 PM FILM **The Movie Star and the Cowboy** Drama. (2023, PG) ★★
2.10 FILM **The Wedding Wish** Comedy. (2007, PG) ★★
4.05 FILM **All of My Heart: Inn Love** Romance. (2017, PG, 90min) ★★
6.00 FILM **Team Bride** Drama. (2023, U, 91min) ★★
8.00 FILM PREMIERE **The Happiness Playbook** Romantic comedy. (2023, U, 89min) ★★
9.55 FILM **The Story of Us** Romantic comedy. (2019, PG, 85min) ★★
11.50 FILM **A Brush with Love** Drama. (2019, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Wish Upon a Wedding** Drama. (2023, PG, 85min) ★★

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 6/18. (S3)
12.30 PM **The Top Secret...**
1.00 **The Prime of Miss Jean Brodie** 2/7. (S1)
2.00 **Boon** 2/13. (S3)
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S2)
6.30 **The Fenn Street Gang**
7.00 **The Top Secret Life of Edgar Briggs**
7.30 **The Brian Conley Show**
8.00 **Boon** 2/13. (S3)
9.00 **The Man Who Made Husbands Jealous**
10.00 **Drop the Dead Donkey**
10.30 **Stereo Underground**
11.30 **Soap** 9&10/25. (S1)
12.30 AM **Brian Conley Show**
1.00 **Thick as Thieves**
1.30 **The Rewind Jukebox**
2.30 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Cooper's Treasure** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Crews return to the icy waters of the Bering Sea. **8.00** A blown propeller causes a rift aboard the *Time Bandit*.
9.00 **Hoffman Family Gold** Andy must re-engineer the entire water circulation system.
10.00 **Deadliest Catch** A brawl puts Sophia's captaincy to the test.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Adam Richman Eats Italy** Double bill.
7.00 **Hairy Bikers Go West**
8.00 **The Pioneer Woman: Home Sweet Home**
9.00 **Jamie's 15 Minute Meals** Double bill.
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman: Home Sweet Home**
5.00 **Jamie's 15 Minute Meals** Double bill.
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
10.30 **Mary Berry's Foolproof Cooking** Five dishes suitable for celebrations.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 2/26. (S5)
9.00 **The A-Team** 7/23. (S4)
10.00 **The Invaders** 5/17. (S1)
11.00 FILM **Monster Hunters** Sci-fi action thriller. (2020, 15, 88min) ★
1.00 PM FILM **Jesse James Meets Frankenstein's Daughter** Western. (1966, 15, 82min) ★
2.45 FILM **The Last Command** Western. (1955, PG, 110min) ★★★
5.00 **Star Trek** 12/26. (S2)
6.00 **The Invaders** 6/17. (S1)
7.00 **The A-Team** 8/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Internal Affairs** Crime thriller. (1990, 18, 117min) ★★★★
11.15 FILM **The Cold Light of Day** Action thriller. (2012, 12, 89min) ★★
1.10 AM FILM **Hard Kill** Thriller. (2020, 15) ★★
3.10 **to 5.00** AM FILM **Fugitives** Action thriller. (2015, 15, 86min) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **The Gambler III: The Legend Continues** As 2.00pm.
11.00 **The Lost World** (S1)
12.00 NOON FILM **Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
2.00 PM FILM **The Gambler III: The Legend Continues** Drama sequel. (1987, PG, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Malibu Shark Attack** Disaster movie. (2009, 15, 90min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 2/23. (S2)
9.00 FILM **Safe** Action thriller starring Jason Statham. (2012, 15, 90min) ★★★
10.55 FILM **Buried** Thriller with Ryan Reynolds. (2010, 15, 94min) ★★★★
1.00 AM FILM **Safe** (2012)
3.00 FILM **Malibu Shark Attack** As 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Highlights**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars Do America**
2.05 **Storage Wars**
3.05 **Junk & Disorderly** New edition
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars Do America**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Junk & Disorderly**
10.00 **Rust Valley Restorers**
11.00 **WWE's Greatest Moments** Double bill.
12.00 M'T **Bermuda Triangle: Into Cursed Waters**
1.00 AM **Alien Files Reopened**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **to 6.00** AM **Highlights**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** Australia.
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** In Hong Kong
7.00 **World War II: Secrets from Above**
8.00 **Ben Fogle: New Lives in the Wild** From Alaska.
9.00 **The Hotel Inspector** From Manchester.
10.00 **Rich House, Poor House**
11.00 **Rich Holiday, Poor Holiday** Holidays in Nashville and Tenerife.
12.00 M'T **Wentworth Prison**
1.05 AM **The Dollanganger Saga** *Petals on the Wind.*
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Nicola Stapleton and Johnny Vegas compete.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Who Wants to Be a Millionaire?** Quiz show.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** With Adam Garcia, Carol Decker, Holly Walsh and Rylan.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.00** 20/24. Howard finds out that he has a half-brother. **8.30** 21/24. Penny contemplates a return to acting. (S8)
9.00 **Mock the Week** Topical comedy panel show.
10.00 FILM **The Truman Show** Satirical comedy starring Jim Carrey as the unwitting star of the world's longest running documentary soap opera. With Laura Linney. (1997, PG, 99min) ★★★★
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 4&5/24. (S1)
11.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S7&8)
8.00 **Friends** 13/24. Joey agonises over his feelings for Rachel. **8.30** 14/24. Joey takes Rachel to hospital. (S8)
9.00 FILM **Snatch** Guy Ritchie's crime comedy starring Jason Statham, Benicio Del Toro and Brad Pitt. (2000, 18, 102min) ★★★★
11.05 **Drunk History: Black Stories** Double bill.
12.05 AM **Whose Line Is It Anyway? USA**
1.05 **South Park** (S8&10)
2.35 **Kevin Bridges: The Story Continues**
3.25 **Dragony Aunts** (S1)
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 2&4/23. (S8)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S7)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 4&5/24. (S1)
7.00 **Everybody Loves Raymond** (S8)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** (S7&8)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Utopia** 5/8. (S1)
2.30 **Teachers** 9/20. (S2)
3.00 **Reno 911!** (S3&4)
3.45 **Jimmy Carr's Am I the A**hole?**
4.30 **Spin City** 4&5/24. (S1)
5.15 **to 6.00** AM **Guessable?**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
9.40 **Duty Free** 1/7. (S1)
10.10 **Bread** 3/6. (S1)
10.50 **Steptoe and Son** (S8)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S4)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 1/15. (S3)
2.45 **Minder** 3/13. (S3)
3.50 **Citizen Smith** 6/7. (S4)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S4)
6.50 **Rising Damp** 5/6. (S4)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 5/11. (S4)
9.00 **Benidorm** 3&4/9. (S2)
9.55 **Shameless** 9/11. (S2)
10.55 **Man About the House**
11.25 **Rising Damp** 4/8. (S2)
12.00 M'T **Benidorm** (S2)
12.55 AM **Shameless** (S2)
1.55 **Kenny Everett Show**
2.25 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **The Hills** Double bill.
9.00 **Just Tattoo of Us** Benny and Scott test their bromance.
10.00 **Dating Naked** Chris and Kerri put their feelings for each other aside.
11.00 **Black Ink Crew New York** New edition Puma invites Ceaser to his wedding in Jamaica.
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Four editions.
5.00 **Filthy Fortunes** The team must turn BBQ smokers into big money at a Texas-sized mess in Houston. **6.00** Matt Paxton hunts for rare liquor, hand-rolled cigars and vintage drums in two California hoards.

9.00 Gold Rush

7.00 **Wheeler Dealers** Mike Brewer seeks a challenge in the form of a 1970 Ford Bronco that is riddled with rust.
8.00 **Wheeler Dealers** Mike Brewer and Edd China are asked to restore a powerful, luxury 1983 Mercedes 500 SEC.
9.00 **Gold Rush** New edition Rick Ness goes on a midnight run to stake new ground for his empire.
10.00 **Gold Rush** New edition Miners reveal exactly where to find gold all over the world, from creeks to glaciers and beaches.
11.00 **Expedition Unknown** Josh Gates searches Cote d'Ivoire for a missing American military plane from World War Two.
12.00 M'T **Deadliest Catch** Wild Bill has to battle heavy seas.
1.00 AM **Gold Rush** Double bill.
3.00 **Gold Divers** Documentary.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A custom tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A lemur is rushed in with a wound on its leg. **4.00** Blanche, a feisty female alpaca, is due to give birth.
5.00 **Lone Star Law** Bullets strike an elderly couple's home.
6.00 **Dr Jeff: Rocky Mountain Vet** A dog is brought in with a suspected broken leg.

8.00 The Pool Master

7.00 **Treehouse Masters: Out on a Limb** Pete Nelson is called upon to design a bear observation treehouse for two sisters.
8.00 **The Pool Master** Anthony Archer-Wills is tasked with building an adventure swimming pool complete with a zip-line.
9.00 **Alaska: The Last Frontier** Jane and Charlotte protect their herd from bears, while Otto has a surprise for Charlotte.
10.00 **Alaskan Bush People** An accidental explosion halts progress on Matt's efforts to pack up Browntown.
11.00 **In Search of Monsters** Examining new evidence about the Ozark Howler.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Air Jaws: Night Stalker**
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **WW2: Hell Under the Sea**
12.00 NOON **Nazi Megastructures: America's War** The surprise air attack on Pearl Harbour.
1.00 PM **Air Crash Investigation**
3.00 **Secret Nazi Science**
4.00 **Lost Treasures of Rome**
5.00 **Ice Road Rescue** Thord and Bjoern save a truck and trailer.
6.00 **Construction Fails** An Italian supermarket collapses, and amusement parks are ablaze.

10.00 The Battle for Britain

7.00 **Air Crash Investigation** How a China Airlines 747 broke up in mid-air 20 minutes after taking off from Taipei Airport.
8.00 **Apocalypse: The Fall of Hitler** In 1943, the Allies prepare to rid the world of the Nazi leader once and for all.
9.00 **Apocalypse: The Fall of Hitler** In 1944, the Allied forces take over the West and Nazis retreat in the East.
10.00 **The Battle for Britain: Drain the Oceans** Focusing on the wrecks of planes and ships from the Battle of Britain.
11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** A cotton factory.
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **Secrets of the Zoo**
4.35 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Rust Valley Restorers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Abyss: Rise & Fall of the Nazis**
1.00 PM **Lost Grail with Alice Roberts** As 9.00pm.
2.00 **Secrets in the Sand** Four editions, including at: **5.00** Jade stones found among crumbling rock faces.
6.00 **American Pickers** Mike trawls the assets of a three-generation family business.

9.00 Lost Grail

7.00 **Forged in Fire** Four elite smiths are challenged to create an oversized version of a traditional pig hunting spear.
8.00 **Weird Britain** Andy McGrath explores Rosslyn Chapel and its intriguing links to the Holy Grail.
9.00 **Lost Grail with Alice Roberts** New edition 2/3. Britain's Holy Grail legends and sacred relics.
■ Entire series on Box Sets
10.00 **Secrets in the Sand** New edition How ancient burial sites illuminate forgotten lives and long-lost cultural shifts.
11.00 **Secrets in the Dark** At Mexico City's Templo Mayor, a 15th-century tower of 600 skulls is uncovered, revealing new insights into Aztec rituals.
12.00 M'T **Secrets in the Jungle**
2.50 AM **Lost Grail with Alice Roberts** As 9.00pm.
3.40 **Weird Britain**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Tom Hanks**
8.00 **The Directors**
9.00 **Celtics City**
10.05 **The Jinx Part Two**
11.00 **Dublin Narcos**
2.00 PM **Enigma**
4.00 **Discovering: Tom Hanks**
5.00 **The Directors**
6.00 **Celtics City** 7/9. After Reggie Lewis's death leaves the city heartbroken, the Celtics spiral into steep decline following the arrival of Rick Pitino.

8.00 The Man Who Bought...

7.05 **The Jinx Part Two** 1/6. Andrew Jarecki and Marc Smerling continue their investigation into property tycoon Robert Durst.
8.00 **The Man Who Bought Cricket** 1/3. The story of financial fraudster Allen Stanford's plan to revolutionise cricket.
9.00 **The Man Who Bought Cricket** 2/3. Now bankrupt, Allen Stanford spies a new opportunity in Montserrat.
10.00 **The Man Who Bought Cricket** 3/3. Allen Stanford moves his operation to Antigua.
11.00 **The Alabama Solution** Documentary about the prison system in Alabama.
1.15 AM **Brandy Hellville & the Cult of Fast Fashion**
3.00 **Fashion Reimagined** Documentary following fashion designer and environmental activist Amy Powney.
5.00 **to 6.00** AM **Discovering: Tom Hanks**

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Guz Khan's Custom Cars** Guz decides to wrap his Honda in gold.
9.00 NEW SERIES **Richard Hammond's Workshop** Richard wants to take the business to a new level by using social media.
10.00 **Massive Engineering Mistakes** Documentary.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **Murder in the Heartland**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition A suspect seems to be cooperative, but police officers sense foul play.
10.00 **Scene of the Crime with Tony Harris**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** An unknown dead man leads police to a conspiracy.
8.00 **48 Hours** New edition The story of how Kevin Jiang, a former Army National Guardsman, was gunned down.
9.00 **Storm of Suspicion** New edition A beloved father and community member goes missing.
10.00 **Secrets of a Murder Detective** New edition In 2014, Miltiades 'Milton' Papadopoulos was found dead in his Potters Bar home.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Secrets of a Murder Detective** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction**
4.00 **48 Hours** The death of Stephen Smith.
5.00 **Medical Detectives** Investigators use geographical profiling to close in on a serial rapist. **5.30** Police officers are baffled when an innocent man's DNA is found at a crime scene. **6.00** When a woman falsely confesses to murder, investigators find incriminating fibres that lead to the real killer. **6.30** After a woman goes missing, her husband is the prime suspect.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Highway Cops**
8.00 **Send in the Dogs**
9.00 **Brit Cops**
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Catching the...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **What the Killer Did Next** Nadine Aubras.
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers 9.00** New edition
10.00 **Murder Next Door**
11.00 **Police 24/7**
12.00 M'T **Catching the Killer**
1.00 AM **World's Most Evil...**
2.00 **Charmed by the Devil**
3.35 **Stop, Search, Seize**
4.30 **Highway Cops**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of...**
8.40 **Mary Beard's Ultimate Rome...** As 10.40pm.
9.55 **Battlefield America**
10.55 **Chernobyl: The New...**
11.55 **Mafia's Greatest Hits**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Mary Beard's Ultimate Rome...** As 10.40pm.
2.55 **Battlefield America**
4.00 **Chernobyl: The New...**
5.05 **Mafia's Greatest Hits**
6.10 **Mary Beard's Ultimate Rome...** As 10.40pm.
7.30 **Battlefield America**
8.35 **Chernobyl: The New Evidence** 2/2. Exploring how far Soviet leaders were willing to go to cover up the disaster.
9.35 **Mafia's Greatest Hits**
10.40 **Mary Beard's Ultimate Rome: Empire Without Limit** The physical world of the Roman Empire.
12.00 M'T **Battlefield America**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

TUESDAY

Tuesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Arctic Secrets**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Island of the Monsoon**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Wildlife Icons**
6.00 **Island of the Monsoon**
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Wild City** The veteran broadcaster explores Singapore's wildlife and natural treasures.
9.00 **My Best Friend's an Animal**
10.00 **Island of the Monsoon**
11.00 **Wildlife Icons**
12.00 M'T **Wildlife ER**
1.00 AM **Arctic Secrets**
2.00 **David Attenborough's Wild City** As shown at 8.00pm.
3.00 **My Best Friend's an Animal**
4.00 **Africa's Wild Year**
5.00 **to 6.00** AM **Hope for Wildlife**

+1 hour 256 333

Sky History 2

163/168 143 186

6.00 AM **Ultimate Mysteries**
7.00 **Swamp Mysteries with Troy Landry** As shown at 5.00pm.
8.00 **What on Earth?**
9.00 **Secret Wars Uncovered**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Ultimate Mysteries**
5.00 **Swamp Mysteries with Troy Landry** Troy investigates disturbing phenomena in a malevolent section of swamp.
6.00 **What on Earth?**
7.00 **Secret Wars Uncovered**
8.00 **Combat Ships**
9.00 **Secret Wars Uncovered**
10.00 **Secrets of the Hells Angels**
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Ancient Superstructures**

Discovery Science

167 148 179

8.00 AM **Killers of the Cosmos**
11.00 **Richard Hammond's Big**
12.00 NOON **Extreme Engineering**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **Savage Builds** Using material salvaged from scrap yards, Adam Savage and two colleagues design and build three motorised vehicles inspired by post-apocalyptic worlds. **10.00** Adam wants to build his own version of King Arthur's legendary sword, Excalibur. Using the iron found in a meteorite, he attempts to make an indestructible weapon.
11.00 **You Have Been Warned** Featuring a sportsman skiing behind a supercar and people pulling cars with their teeth. **12.00** M'T Featuring clips of punching robots and bowling ball launchers.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Blowing Up History**

+1 hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Crimes That Shook Britain**
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **Imperfect Murder**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** New edition A woman is found fatally injured on a rural road.
9.00 **Murder on Trial** New edition The 2006 discovery of three bodies in secluded areas outside Daytona Beach, Florida.
10.00 **Killer Grannies** A woman is shot in her vacation rental.
11.00 **Homicide Squad: New Orleans**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Killer Grannies** New edition
3.00 NEW SERIES **Sin City Gigolo: A Murder in Las Vegas**
4.20 **Court Cam**
5.10 **to 6.00** AM **Meet, Marry, Murder**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **America's National Parks**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Mashatu: Land of Leopards**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet**
7.00 **Secrets of the Zoo** Tiger cubs explore their new habitat.
8.00 **Lost Sharks of Easter Island** Enrich Sala and his team search the South Pacific for deep-sea sharks.
9.00 **Mega Hammerhead** A search for a shark that can grow up to 20ft in length.
10.00 **Life Below Zero: First Alaskans** Documentary.
11.00 **Ice Road Rescue**
12.00 M'T **Lawless Island**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **America's Most Secret: Structures** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** How powerful celestial forces shape human life.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **America's Most Secret: Structures** A revealing glimpse behind the scenes of America's most classified sites.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Croatia's Dalmatian Coast.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **Top of the Pops**
7.35 **Top of the Pops** Bruno Brookes hosts an edition from June 1990, with performances by Maureen Walsh, Betty Boo, New Kids on the Block, The Charlatans and Maxi Priest. **8.15** Jackie Brambles hosts an edition from June 1990, featuring Magnum, Roxette, Yazz, Big Fun & Sonia, Wilson Phillips and Elton John. **8.55** Gary Davies hosts an edition from June 1990, with performances by Bob Geldof, Jason Donovan, Maureen, Elton John and Maxi Priest. **9.35** Nicky Campbell hosts an edition from July 1990, featuring performances by Inspiral Carpets, Janet Jackson, Poison, Double Trouble and Massivo featuring Tracy.
10.15 **Top of the Pops**
5.35 **to 6.00** AM **Villages by the Sea**

+1 hour 266 376

ID

154 140 166

8.00 AM **Mean Girl Murders**
9.00 **Who the (Bleep) Did I Marry?**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Who the (Bleep) Did I Marry?** Four editions.
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Mother, May I Murder?**
7.00 **Bride Killa** The case of Courtney Burton, who was killed by her husband Robert Arvizu. **8.00** The death of Vincent Viafore, who drowned after his kayak was sabotaged by fiancée Angelika Graswald.
9.00 **Signs of a Psychopath** A 911 operator receives a call from a troubled culinary student. **9.30** In rural Missouri, police respond to a haunting call from a 50-year-old man.
10.00 **American Monster: Abuse of Power** Documentary.
11.00 **Undercover Underage**
12.00 M'T **The Playboy Murders**
2.00 AM **Mother, May I Murder?**
4.00 **to 6.00** AM **Bride Killa**

+1 hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues** Derek and Sean Bieri revive an Oldsmobile station wagon.
9.00 **Kevin Hart's Muscle Car Crew**
10.00 **Sewer Divers**
11.00 **Wheeler Dealers**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Disagreements in the workshop almost lead to someone losing their job.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
7.50 **Neighborhood Watch** (2025)
9.35 **M3GAN 2.0** As 8.00pm.
11.45 **Reckless** As 10.10pm.
1.30 PM **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
3.05 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★
4.45 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
6.30 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★

4.45 The Ballad of Wallis Island

8.00 **M3GAN 2.0** Sci-fi action thriller sequel starring Allison Williams and Violet McGraw. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Reckless** Action comedy starring Scott Adkins and Vinnie Jones. A former convict on parole must outwit the police to get his share of an old heist. (2026, 15, 91 min)

11.55 **Prisoner of War** Action thriller starring Scott Adkins. (2025, 15, 112min) ★★★
1.55 AM **The Cut** Psychological thriller with Orlando Bloom. (2024, 12, 99min) ★★★
3.40 **to 6.10** AM **Nuremberg** Legal thriller starring Russell Crowe and Rami Malek. (2025, 15, 148min) ★★★★★

Sky Cinema Buddy Films

303 303 403 503 517

7.10 AM **The 4:30 Movie** (2024)
8.50 **Talladega Nights: The Ballad of Ricky Bobby** As 2.05am.
10.55 **Sacramento** Comedy drama. (2024, 15, 89min) ★★★
12.30 PM **Big Daddy** As 12.20am.
2.05 **Ted** Offbeat buddy comedy. (2012, 15, 106min) ★★★★
3.55 **Ted 2** Comedy sequel. (2015, 15, 112min) ★★★
5.50 **Sherlock Holmes** Guy Ritchie's action adventure. (2009, 12, 128min) ★★★★

10.20 Superbad

8.00 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Superbad** Teen comedy starring Jonah Hill and Michael Cera. Two high-school friends embark on a quest to buy booze and lose their virginity. (2007, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
2.05 **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15, 108min) ★★★★
4.15 **to 6.00** AM **The 4:30 Movie** Comedy starring Austin Zajur. (2024, 15, 88min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.50 AM **Cool Hand Luke** Prison drama starring Paul Newman. (1967, 15, 126min) ★★★★★
10.00 **Love Story** As 3.00am.
11.50 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
1.40 PM **The King's Speech** Oscar-winning royal drama. (2010, 12, 118min) ★★★★★
3.40 **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
6.00 **Little Women** Screen version of Louisa May Alcott's classic tale, starring Winona Ryder. (1994, U, 114min) ★★★
8.00 **Amadeus** Peter Shaffer's historical drama starring Tom Hulce and F Murray Abraham. (1984, PG, 158min) ★★★★★
10.40 **About Time** Romantic comedy fantasy from writer-director Richard Curtis, starring Domhnall Gleeson, Rachel McAdams and Bill Nighy. (2013, 12, 120min) ★★★
12.45 AM **It Ends with Us** Drama. (2024, 15, 125min) ★★★
3.00 **Love Story** Romantic drama. (1970, PG, 100min) ★★★★
4.50 **to 7.00** AM **The Blind Side** Fact-based drama with Sandra Bullock and Quinton Aaron. (2009, 12, 129min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.20 AM **Cuckoo** As 1.40am.
9.15 **Dual** Thriller. (2022, 15) ★★★★
11.05 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
1.45 PM **Back to the Future** Time-travel comedy fantasy. (1985, PG, 115min) ★★★★★
3.45 **Back to the Future Part II** Time-travel comedy adventure sequel. (1989, PG, 107min) ★★★
5.50 **Back to the Future Part III** Time-travel comedy adventure sequel starring Michael J Fox and Christopher Lloyd. (1990, PG, 112min) ★★★★
8.00 **Pacific Rim** Epic sci-fi action movie starring Charlie Hunnam, Idris Elba and Rinko Kikuchi. (2013, 12, 126min) ★★★
10.15 **Pet Sematary** Supernatural thriller based on the bestseller by Stephen King, starring Dale Midkiff and Fred Gwynne. (1989, 18, 103min) ★★★
12.00 M'T **The Ritual** Horror thriller. (2017, 15, 94min) ★★★
1.40 AM **Cuckoo** Horror thriller. (2024, 15, 102min) ★★★
3.25 **Tarot** Horror. (2024, 15) ★★
5.05 **to 6.40** AM **The Damned** Mystery starring Odessa Young. (2024, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

7.00 AM **Jack the Giant Slayer**
9.05 **The SpongeBob Movie: Sponge Out of Water** Animation. (2015, U) ★★★
10.45 **The Borrowers** Adventure. (1997, U, 86min) ★★★★
12.20 PM **Monster Trucks** (2016)
2.15 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★
4.00 **Jack the Giant Slayer** Fantasy. (2013, 12, 114min) ★★★
6.00 **The BFG** Fantasy adventure. (2016, PG, 117min) ★★★★

8.05 Harold and the Purple...

8.05 **Harold and the Purple Crayon** Adventure starring Zachary Levi. A character who lives in a hand-drawn world tumbles into the present day as a flesh-and-blood man. (2024, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Monster Trucks** Fantasy adventure starring Lucas Till and Jane Levy. A teenager befriends a monster that feeds on oil, which bonds with the monster truck he is building from scrap. (2016, PG, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Bookworm** Family comedy. (2024, 12, 103min) ★★★★
1.35 AM **Oliver!** Oscar-winning musical starring Mark Lester. (1968, U, 146min) ★★★★★
4.05 **The Tiger Rising** Drama. (2022, PG, 102min) ★★★
5.55 **to 8.10** AM **Ride On** Action drama starring Jackie Chan. (2023, PG, 126min) ★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **Mortal Kombat** Action fantasy. (2021, 15, 110min) ★★
8.15 **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
10.40 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
1.20 PM **Spider-Man 3** Fantasy sequel. (2007, 12) ★★★
3.40 **Twister** Disaster movie. (1996, PG, 114min) ★★★
5.50 **Jurassic World: Fallen Kingdom** Action sequel. (2018, 12, 128min) ★★★

10.15 Black Hawk Down

8.00 **Batman Forever** Fantasy adventure starring Val Kilmer, Tommy Lee Jones, Jim Carrey, Nicole Kidman and Chris O'Donnell. Black-cloaked vigilante Batman and his new partner Robin tackle psychotic criminals The Riddler and Two-Face. (1995, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Black Hawk Down** Director Ridley Scott's war drama based on the catastrophic US military action in Somalia in 1993, starring Josh Hartnett and Ewan McGregor. (2001, 15, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Fast & Furious Presents Hobbs & Shaw** Adventure. (2019, 12, 137min) ★★★
3.05 **Yes, Madam!** Action comedy. (1985, 18, 93min) ★★★
4.55 **to 6.50** AM **Bumblebee** *Transformers* prequel. (2018, PG, 114min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **Role Models** Comedy. (2008, 15, 99min) ★★★★
9.10 **School of Rock** Comedy. (2003, PG, 109min) ★★★★
11.05 **Alfie** (2004, 15) ★★★
1.05 PM **Two Weeks Notice** Comedy. (2002, 12) ★★★
2.50 **Code 3** Action comedy. (2025, 15, 104min) ★★★★
4.35 **Dumb and Dumberer: When Harry Met Lloyd** (2003, 12) ★
6.10 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★

6.10 Beverly Hills Cop

8.00 **The Phoenician Scheme** Wes Anderson's comedy starring Benicio del Toro. A rich businessman and his daughter become the target of tycoons, terrorists and assassins. (2025, 15, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

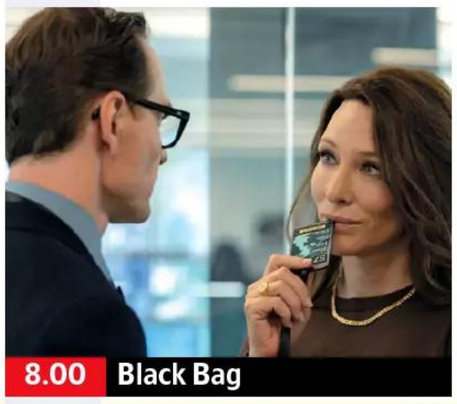
9.45 **Daddy's Home 2** Comedy sequel starring Will Ferrell and Mark Wahlberg. Having settled their differences, Brad and Dusty must now deal with their own intrusive fathers. (2017, 12, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
1.05 AM **The Terminal** Steven Spielberg's comedy drama. (2004, 12, 129min) ★★★★
3.15 **Psycho Therapy** Dark comedy. (2024, 15, 102min) ★★★★
5.00 **The Cinema List: Bingeable**
5.25 **to 7.15** AM **Lake George** Black comedy thriller. (2024, 15, 118min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Dry** Crime drama. (2020, 15, 117min) ★★★★
8.00 **Reindeer Games** As 3.00am.
9.50 **Dog Day Afternoon** Thriller. (1975, 15, 130min) ★★★★★
12.00 NOON **Dirty Harry** Thriller. (1971, 15, 103min) ★★★★★
1.50 PM **The Accountant** Thriller. (2016, 15, 123min) ★★★
4.00 **Red Dragon** Crime thriller. (2002, 15, 124min) ★★★
6.05 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★


8.00 Black Bag

8.00 **Black Bag** Espionage thriller starring Michael Fassbender and Cate Blanchett. When a spy is suspected of treason, her husband faces the ultimate test. With Tom Burke. (2024, 15, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **The Godfather** Francis Ford Coppola's classic gangster saga of a Mafia family engaged in bloody war with rival crime families. Stars Marlon Brando, Al Pacino, James Caan, Robert Duvall, Diane Keaton, Talia Shire and John Cazale. (1971, 15, 167min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Hannibal** Chiller sequel to *The Silence of the Lambs*. (2001, 18, 131min) ★★★
3.00 **Reindeer Games** Thriller. (2000, 15, 105min) ★★★★
4.50 **to 6.25** AM **Unhinged** Psychological thriller. (2020, 15, 90min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Black Swan** Swashbuckling adventure. (1942, PG, 85min) ★★★
12.45 PM **They Rode West** Western. (1954, U, 97min) ★★
2.30 **The Man from Colorado** Western. (1948, PG) ★★★
4.35 **Charade** Comedy thriller. (1963, PG, 114min) ★★★★
6.50 **The League of Extraordinary Gentlemen** Fantasy adventure. (2003, 12, 110min) ★★

9.00 Alice, Darling

The League of Extraordinary Gentlemen (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **PREMIERE** **Alice, Darling** Psychological thriller with Anna Kendrick. A woman trapped in an abusive relationship becomes the unwitting participant in an intervention. (2022, 15, 89min) ★★★★
See review, page 24.
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **The Drop** Crime drama starring Tom Hardy. A Brooklyn bartender who secretly works for gangsters gets involved in a robbery gone wrong. (2014, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 **to 3.35** AM **Heat and Dust** Merchant-Ivory drama. (1982, 15, 133min) ★★★

+1 hour 314 430 47 301 257

8 PM **9 PM** **10 PM** **11 PM**

Sky Cinema Valentines

302 302 402 502 516

6.05 AM **Book of Love** As 3.30am.
8.05 **Peggy Sue Got Married** (1986)
9.55 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
11.40 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
1.40 PM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
3.45 **Trading Places** Satirical comedy. (1983, 15, 116min) ★★★★★

5.50 **It's Complicated** Romantic comedy starring Meryl Streep, Steve Martin and Alec Baldwin. (2009, 15, 115min) ★★★★
8.00 **Just Go With It** Romantic comedy starring Adam Sandler, Jennifer Aniston and Nicole Kidman. (2011, 12, 117min) ★
10.00 **Sex Tape** Comedy starring Cameron Diaz and Jason Segel. (2014, 15, 94min) ★★
11.40 **Your Monster** Romantic comedy with Melissa Barrera. (2024, 15, 104min) ★★★★

1.40 AM **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★★
3.30 **Book of Love** Romantic comedy. (2022, 12, 106min) ★★★
5.20 **Cinema List: Family Favourites**
5.50 **to 7.10** AM **My First Summer** Drama. (2020, 15, 80min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.15 AM **Billy Madison** As 6.15pm.
8.00 **Ferris Bueller's Day Off** (1986)
9.45 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
11.20 **Singin' in the Rain** Musical. (1952, U, 102min) ★★★★★
1.05 PM **Shirley Valentine** Comedy. (1989, 15, 108min) ★★★★
3.00 **Blazing Saddles** As 11.15pm.
4.35 **Caddyshack** Comedy with Chevy Chase. (1980, 15, 95min) ★★★

6.15 **Billy Madison** Comedy. (1995, PG, 90min) ★★
8.00 **So I Married an Axe Murderer** Comedy thriller starring Mike Myers. (1993, 15, 92min) ★★★
9.35 **The Wedding Singer** Romantic comedy starring Adam Sandler and Drew Barrymore. A perky waitress saves a singer from despair after he is jilted at the altar. (1998, 12, 97min) ★★★★
11.15 **Blazing Saddles** Mel Brooks' wildly irreverent Western spoof. (1974, 12, 90min) ★★★★

12.50 AM **Caddyshack** As 4.35pm.
2.30 **Ferris Bueller's Day Off** Teen comedy with Matthew Broderick. (1986, 12, 103min) ★★★★
4.15 **The Wedding Singer** (1998)
5.55 **to 8.10** AM **Waterworld** Sci-fi action adventure starring Kevin Costner. (1995, 12, 134min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.30 AM **Penguins of Madagascar**
9.10 **Rango** Animated Western. (2011, PG, 103min) ★★★★
11.00 **The Garfield Movie** Animated adventure with the voice of Chris Pratt. (2023, U, 101min) ★★★
12.50 PM **Open Season** As 12.45am.
2.20 **Dragon Rider** Animation. (2020, PG, 91min) ★★★
4.00 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★

5.40 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
7.25 **Penguins of Madagascar** Animated comedy with the voice of Benedict Cumberbatch. (2014, U, 88min) ★★★★
9.10 **Cloudy with a Chance of Meatballs** Animated comedy featuring the voice of Bill Hader. (2009, U, 90min) ★★★★
10.55 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★

12.45 AM **Open Season** Animated family comedy adventure. (2006, PG, 86min) ★★★★
2.25 **The Emoji Movie** As 4.00pm.
4.05 **Bee Movie** Animated family comedy. (2007, U, 91min) ★★★
5.50 **to 7.35** AM **Madagascar: Escape 2 Africa** As 5.40pm.

Movies 24

312 313 419

7.00 AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★
9.00 **Journey to You** Romantic drama. (2025, PG, 84min) ★★
11.00 **Heart of the Manor** Romantic comedy. (2021, PG, 85min) ★★
1.00 PM **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
3.00 **Love Hacks** Romantic drama with Annie Clark and Romaine Waite. (2022, PG, 90min) ★★

5.00 **Our Take on Love** Romantic drama starring Lesa Wilson. (2022, PG, 87min) ★★
7.00 **Love's Fast Lane** Romantic drama starring Grace Patterson. (2023, PG, 90min) ★★
9.00 **The Wedding Contest** Romantic comedy starring Nikki McKenzie and Giles Panton. A couple decide to hire two wedding planners, and ask them to compete to create the perfect theme for their big day. (2023, PG, 88min) ★★

11.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
1.00 AM **My Argentine Heart** Comedy. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **The Royal Nanny** Comedy. (2022, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Desert Mice** Comedy. (1959, b/w, U, 82min) ★★★
7.40 **The Girl on the Pier** Drama. (1953, b/w, PG, 65min) ★★★
8.55 **Bluebeard** Horror thriller. (1944, b/w, PG, 73min) ★★
10.20 **You're Only Young Twice!** Comedy. (1952, b/w, U) ★★
11.55 **Men in War** Korean War drama. (1956, b/w, PG, 104min) ★★
2.00 PM **Colonel March Investigates**

3.20 **Something in the City** Comedy. (1950, b/w, U, 77min) ★★★
4.55 **The Spaniard's Curse** Chiller. (1958, b/w, U, 79min) ★★
6.25 **Whiplash** 1/34. Western. (S1)
6.55 **The Man from UNCLE** (S1)
8.00 **The Passenger** 1/3. Thriller. (S1)
9.00 **Turn the Key Softly** Melodrama starring Joan Collins. (1953, b/w, PG, 83min) ★★
10.35 **Cellar Club with Caroline Munro**
10.40 **Hammer House of Mystery and Suspense** 3/13. (S1)
12.10 AM **Cellar Club with Caroline...**

12.15 **The Curse of the Wraydons** Drama. (1946, b/w, PG) ★★★
2.10 **Cabin Boy** Offbeat comedy. (1994, 12, 77min) ★★
3.50 **Look at Life**
4.00 **Target: The Corruptors** (S1)
5.00 **The David Niven Show**
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Men's T20 World Cup Netherlands v Namibia.** Coverage of the Group A match at Arun Jaitley Stadium in Delhi.
9.00 **LIVE Men's T20 World Cup New Zealand v United Arab Emirates.** The Group D match from MA Chidambaram Stadium.
1.00 PM **LIVE Men's T20 World Cup Pakistan v USA.** Coverage of the Group A match from Sinhalese Sports Club in Colombo, Sri Lanka.
5.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
7.30 PM **LIVE EFL Birmingham City v West Bromwich Albion.** Coverage of the Championship encounter from St Andrew's @ Knighthead Park. Kick-off **8.00pm**.
10.30 **LIVE WTA & ATP Tennis** Further coverage from the latest events on the WTA and ATP Tours.
1.30 AM **LIVE ATP Tennis** Coverage of day two of the ATP Dallas Open.
5.00 **to 6.00** AM **LIVE Men's T20 World Cup South Africa v Afghanistan.** Coverage of the Group D match.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
9.00 **Premier League Review**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Review**
1.00 PM **FNF** Action from Leeds United v Nottingham Forest.
1.30 **Premier League Highlights**
2.30 **SNF** Newcastle United v Brentford at St James' Park.
3.00 **Premier League Highlights** Brighton & Hove Albion v Crystal Palace from Amex Stadium.
4.00 **Premier League Review**
5.00 **The Premier League Show**
7.00 **Gillette Labs Soccer Special**
10.30 **Netbusters** A look back at the weekend's action in the Premier League, featuring all of the goals, news and major talking points from around the top flight.
11.00 **Premier League Years** Classic games, infamous blunders and moments of skill in the 1997/98 season, all set to a specially selected soundtrack from the time.
1.00 AM **PL Retro** A chance to see Chelsea v Burnley from 2017/18.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** Championship play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 24/25**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Highlights Show** Recent action.
1.30 **EFL League One Goals**
2.00 **EFL League Two Goals**
2.30 **WSL** Arsenal v Manchester City.
3.00 **EFL Championship Highlights**
4.30 **Bundesliga Highlights Show**
5.30 **WSL** Highlights from Leicester City v Manchester United.
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **EFL Championship Highlights**
7.30 **LIVE EFL Birmingham City v West Bromwich Albion.** Coverage of the Championship encounter from St Andrew's @ Knighthead Park. Kick-off **8.00pm**.
10.30 **EFL Highlights** Championship.
11.00 **WSL** Arsenal v Manchester City.
11.30 **EFL Greatest Games**
12.00 M'T **EFL** The 2018/19 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Men's T20 World Cup Netherlands v Namibia.** Coverage of the Group A match at Arun Jaitley Stadium in Delhi. The Netherlands won two of their nine group-stage matches at the tournament in India four years ago.
9.00 **LIVE Men's T20 World Cup New Zealand v United Arab Emirates.** Coverage of the Group D match at MA Chidambaram Stadium. New Zealand were runners-up in this competition in 2021, but endured a disappointing tounament two years ago.
1.00 PM **LIVE Men's T20 World Cup Pakistan v USA.** Coverage of the Group A match from Sinhalese Sports Club in Colombo, Sri Lanka.
5.00 **Best of ICC WT20**
5.15 **Best of England v South Africa**
5.30 **Best of ICC WT20**
6.00 **Men's T20 World Cup**
9.00 **Men's T20 World Cup** Scotland v Italy at Eden Gardens in Kolkata. **9.30** Zimbabwe v Oman.
10.00 **Men's T20 World Cup**
5.00 **to 6.00** AM **LIVE Men's T20 World Cup South Africa v Afghanistan.** Coverage of the Group D match.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Playing Lessons**
7.00 **Golf Academy** With Nick Faldo.
8.00 **School of Golf**
8.30 **DP World Tour Golf**
9.00 **PGA Tour Golf** Phoenix Open.
10.00 **TGL** Atlanta Drive v Jupiter Links.
12.00 NOON **Golf Academy**
1.00 PM **PGA Tour Golf**
2.00 **Playing Lessons**
3.00 **School of Golf**
4.00 **Nick Dougherty's Tee Time Tips**
6.00 **DP World Tour Golf** Highlights from day four of the Qatar Masters held at Doha Golf Club.
6.30 **HotelPlanner Tour Golf Highlights** The SDC Open.
7.00 **TGL** Atlanta Drive v Jupiter Links at SoFi Center in Palm Beach.
9.00 **Icons Series Golf** Action from a matchplay event featuring pro golfers and football legends.
11.00 **Beyond the Scorecard**
11.30 **PGA Tour Golf** Action from day four of the WM Phoenix Open held at TPC Scottsdale in Arizona.
12.30 AM **DP World Tour Golf**
1.00 **PGA Tour Golf**
2.00 **The Open – Official Films**
3.00 **Best of the Open Zone 2024**
4.00 **Nick Dougherty's Tee Time Tips**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis** Action from the WTA and ATP Tours.
10.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
8.00 PM **LIVE WTA & ATP Tennis** Further coverage of the latest events on the WTA & ATP Tours.
1.30 AM **LIVE ATP Tennis** Coverage of the second day of the ATP Dallas Open, a hard-court tournament from Ford Center at The Star in Frisco, Texas.
5.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **ATP Tennis** Montpellier Open.
8.00 **Super League**
10.45 **PL Greatest Games**
11.00 **ATP/WTA Tour Classics**
1.00 PM **DP World Tour Golf**
2.00 **PL Greatest Games**
3.00 **Premier League Darts** The first night of the season in Newcastle.
7.00 **PGA Tour Golf** Phoenix Open.
8.00 **ATP Tennis** Montpellier Open final at Sud de France Arena.
9.00 **Super Bowl LV Highlights** Tampa Bay Buccaneers v Kansas City Chiefs from 2020/21.
11.00 **PGA Tour Golf** Action from day four of the Phoenix Open staged at TPC Scottsdale in Arizona.
12.00 M'T **PL Greatest Games**
1.00 AM **Formula 1** Highlights.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **ATP/WTA Tour Classic Matches**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 2** Abu Dhabi Grand Prix.
10.55 **Ted Lego Feature**
11.00 **The F1 Show** Race preview.
12.00 NOON **Formula 1** Highlights from the 2025 Abu Dhabi Grand Prix qualifying session.
2.00 PM **Ted's Notebook**
2.30 **Formula 1** Another chance to see the 2025 Abu Dhabi Grand Prix from Yas Marina Circuit.
7.45 **Ted's Notebook**
8.30 **Formula 1** The 2025 Abu Dhabi Grand Prix at Yas Marina Circuit.
10.00 **2025 F1 Season Review** An in-depth review of the campaign.
12.00 M'T **to 6.00** AM **The Best of F1**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Netbusters**
6.30 **The Breakdown**
7.00 **A-League Women Highlights**
7.30 **Isuzu UTE A-League Highlights**
8.00 **Premier League Review**
9.00 **Premiership Women's Rugby**
10.00 **Premier League Features**
11.00 **Kenny Allstar's Number 1's**
11.15 **Premier League Review**
12.15 PM **Athletes to Watch**
12.30 **LIVE Winter Olympic Games – Alpine Skiing** Coverage from the women's team combined slalom at Tofane Alpine Skiing Centre in Cortina d'Ampezzo.
2.15 **Serie A** Action from Italy.
4.15 **Premier League**
5.45 **Kenny Allstar's Number 1's**
6.00 **Premier League Features**
7.00 **LIVE Premier League West Ham United v Manchester United.** Coverage of the top-flight match staged at the London Stadium. Kick-off **8.15pm**.
11.00 **Premier League Features**
12.00 M'T **Isuzu UTE A-League**
12.30 AM **A-League Women**
1.00 **Premier League**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **Premiership Women's Rugby**

TNT Sports 2

411 414 522 409 431

6.00 AM **Winter Olympic Games**
8.00 **Buongiorno Milano**
9.00 **LIVE Winter Olympic Games – Alpine Skiing** The women's team combined downhill event from Tofane Alpine Skiing Centre.
11.15 Freestyle Skiing Coverage from the final of the men's freeski slopestyle event staged at Livigno Snow Park.
1.15 PM **Alpine Skiing** The women's team combined slalom at Tofane Alpine Skiing Centre.
2.15 Curling The mixed doubles bronze medal game staged at Cortina Curling Olympic Stadium.
3.15 Coverage of day four across Lombardy and Northeast Italy.
4.45 Curling The mixed doubles gold medal game staged at Cortina Curling Olympic Stadium.
7.15 Figure Skating Coverage of the men's short program from Milano Ice Skating Arena.
10.30 **Ciao Cortina** The latest news.
11.00 **Winter Olympic Games – Alpine Skiing** Highlights.
12.00 M'T **Winter Olympic Games**
2.00 AM **Ciao Cortina**
2.30 **Winter Olympic Games**
5.30 **to 6.00** AM **Ciao Cortina**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Super Bowl LX Highlights**
7.00 **NFL Highlights**
12.00 NOON **Super Bowl LX Highlights** Seattle Seahawks v New England Patriots.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
5.00 **Super Bowl LX Highlights** Seattle Seahawks v New England Patriots from Levi's Stadium.
6.00 **NBC's Pro-Football Talk** Mike Florio and Chris Simms present this NFL talk show, as they discuss and debate the biggest stories from around the league.
8.00 **NBA Basketball** Los Angeles Lakers v Oklahoma City Thunder.
10.00 **NBA on Fire** The latest news.
10.30 **Super League Highlights** Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
11.00 **NFL Highlights** Chicago Bears v Green Bay Packers in the second Wild Card play-off at Soldier Field.
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Highlights** Jacksonville Jaguars v Buffalo Bills.
2.00 **Super League** Huddersfield Giants v Hull FC from 2025.
5.00 **to 6.00** AM **NFL Bitesize Highlights**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with headline-makers.
7.00 **Sky Sports Breakfast** The latest headlines and reports.
10.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
7.35 PM **LIVE EFL Oxford United v Norwich City.** Coverage of the Championship match staged at Kassam Stadium. Filip Krastev snatched a last-gasp point with a 95th-minute equaliser for The U's in the reverse fixture at Carrow Road last November, in what was Philippe Clement's first match in charge of the Canaries. Kick-off **7.45pm**.
9.45 **LIVE WTA & ATP Tennis** Further coverage of the latest events on the WTA & ATP Tours.
12.00 M'T **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with headline-makers.
5.00 **to 6.00** AM **PGA Tour Golf** Action from all four days of the 2019 Waste Management Phoenix Open at TPC Scottsdale.

TNT Sports 3

413 415 523 410 432

6.00 AM **Serie A** Action from Italy.
8.00 **UEFA Champions League**
8.15 **Fishing: On the Bank**
9.15 **LIVE Winter Olympic Games – Short Track Speed Skating** Coverage of day one held at Milano Speed Skating Stadium. **12.30** PM **Biathlon** Coverage of the men's 20km individual event.
2.30 **The Gruppetto** Cycling news.
2.45 **The Breakdown**
3.15 **Sign Up – Into Football**
4.00 **Snooker World Grand Prix**
6.00 **A-League Women Highlights**
6.30 **Isuzu UTE A-League Highlights**
7.00 **LIVE Premier League Tottenham Hotspur v Newcastle United.** The top-flight match from Tottenham Hotspur Stadium. Kick-off **7.30pm**.
10.00 **FA Cup: The People's Story**
11.00 **The Breakdown** World Cup.
11.30 **Fishing: On the Bank**
12.30 AM **The WRC Magazine**
1.00 **to 6.00** AM **Premier League**

TNT Sports 4

414 416 524 411 434

6.00 AM **LIV Golf** From Riyadh.
8.00 **LIVE Winter Olympic Games – Cross Country Skiing**
9.45 **The Monuments**
10.15 **LIVE Winter Olympic Games – Cross Country Skiing** Women's and men's sprint classics. **12.45** PM **Curling** The mixed doubles bronze medal game.
3.00 **The Monuments**
3.30 **LIVE Winter Olympic Games – Ice Hockey Italy v Germany.** The women's preliminary round Group B match. **5.30 Luge** Women's singles.
6.30 **The Breakdown**
7.00 **LIVE Premier League Chelsea v Leeds United.** The top-flight match from Stamford Bridge. Kick-off **7.30pm**.
10.00 **Serie A** Action from Italy.
12.00 M'T **Isuzu UTE A-League**
3.00 AM **The Breakdown**
3.30 **The WRC Magazine**
4.00 **to 6.00** AM **Football**

Premier Sports 1

419 551

6.00 AM **LaLiga** Alavés v Getafe. **8.00** Girona v Sevilla.
10.00 **NASCAR** Cook Out Clash.
11.00 **Scottish Football Social Club**
12.00 NOON **LaLiga Match Highlights**
1.30 PM **Africa Eco Race**
2.00 **Asian Le Mans Series**
3.00 **Eredivisie Highlights**
4.00 **United Rugby Championship**
6.00 **Scottish Football Social Club**
7.00 **LaLiga Match Highlights**
7.15 **LIVE SPFL Hearts v Hibernian.** Coverage of the Scottish Premiership match from Tynecastle. Kick-off **8.00pm**.
10.15 **LaLiga Match Highlights**
10.30 **Scottish Football Social Club**
11.30 **LaLiga Match Highlights** Action from Celta Vigo v Osasuna. **11.40** Vallecano v Oviedo. **11.50** Barcelona v Mallorca.
12.00 M'T **Swedish Hockey League**
2.00 AM **LaLiga Match Highlights**
3.00 **Eredivisie Highlights**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Premier Sports 2

420 552

6.00 AM **Elite Ice Hockey League**
8.00 **Football's Greatest**
8.30 **Eredivisie** Utrecht v Feyenoord.
10.30 **Argentine Primera**
12.30 PM **Football's Greatest**
1.00 **LaLiga** Another chance to see Rayo Vallecano v Real Oviedo.
3.00 **Football's Greatest**
3.30 **Argentine Primera**
5.30 **Football's Greatest**
6.00 **LaLiga** Barcelona v Mallorca.
7.55 **LIVE Coppa Italia Napoli v FC Como.** Coverage of the quarter-final tie staged at Stadio Diego Armando Maradona. Kick-off **8.00pm**.
10.15 **LaLiga Match Highlights**
10.30 **Brasileiro Serie A**
12.25 AM **LIVE Brasileiro Serie A Vitoria v Flamengo.** Coverage of the match from Estadio Manoel Barradas. Kick-off **12.30am**.
2.30 **Temples of Sport**
3.00 **Coppa Italia** Napoli v FC Como.
5.00 **to 6.00** AM **Temples of Sport**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 11 February Evening Planner

Winter Sports

Winter Olympics

BBC1/2, TNT Sports, Discovery+, from 9am

Olympic champions in 2022, Finland's men face Slovakia in today's preliminary round at Milan's ice hockey arena.

Football

Premier League

TNT Sports

Tonight's midweek action includes Manchester City v Fulham (k-o 7.30pm) and Sunderland v Liverpool (k-o 8.15pm).

Documentary

Charmed by the Devil

Sky Crime, 9pm

One-off detailing a journalist's 40-year-long quest to uncover the secrets of killer Doug Gretzler, who murdered 17 people.

OnDemand

Cross

Available today

Aldis Hodge (right) returns as James Patterson's detective Alex Cross in a second season of the crime thriller.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef: The Professionals		9.00 Can You Keep...	9.30 Black Ops	10.00 News; Local News	10.40 Match... †
	102 BBC2	◂ 5.15 Winter Olympics – Live: The concluding coverage of day five						10.00 One Foot in...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Deal or No...	8.00 Emmerdale	8.30 Coronation...	9.00 The Summit		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Michael Jackson: The Trial		10.00 First Dates: Be My Valentine	
	105 5	7.00 GPs: Behind Closed Doors		8.00 Casualty 24/7: Every Second Counts		9.00 Surgeons: A Matter of Life or Death			10.30 Ambulance...
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Landscape Artist of the Year		9.00 Film: Robin Williams: Come Inside My Mind			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Dragons' Den		9.00 The Apprentice		10.00 Apprentice...	10.30 Tell Me Lies
	116 BBC4	7.00 Great British...	7.30 Coastal Path	8.00 Brian Cox's Adventures in Space and...		9.00 Tribe		10.15 Number 27	
	118 ITV2	7.00 Wheel of Fortune		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Grosse Pointe Garden Society	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 Our Yorkshire Pub Rescue with Jon...		10.00 Perfect Pub Walks with Bill Bailey	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates: Be My Valentine		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 Matlock		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 Under Salt Marsh		10.00 Mare of Easttown	
	110 U&GOLD	7.00 Porridge	7.35 Dad's Army		8.20 dinnerladies				10.15 Not Going Out
	111 U&DAVE	7.00 Would I Lie to You?	7.35 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Grace				10.00 Foyle's War	
	120 ITV4	7.00 American Pickers		8.00 Junk & Disorderly		9.00 Film: Casino Royale			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld		10.05 The Leftovers	
	113 SKY MAX	7.10 Stargate SG-1		8.10 Never Mind the Buzzcocks		9.00 Film: Johnny Mnemonic			
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise				10.00 Miss Scarlet	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Landscape Artist of the Year		9.00 Landscape Artist of the Year National...		10.00 Julie Andrews Forever	
	132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 NCIS: New Orleans				10.00 Elementary	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers						10.00 Kindig Customs	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 Preposterous Pets		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Pole to Pole with Will Smith	8.45 Area 51: The CIA's Secret Files		9.45 Gladiators: Warriors of the Ancient World		
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Most Historic Towns		9.00 The Curse of Oak Island		10.00 Forged in Fire	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Abandoned Engineering		9.00 Classic Car Kings		10.00 Bangers & Cash	
	121 SKY DOCS	7.05 The Jinx Part Two		8.00 The Wimbledon Kidnapping				10.00 The Cheshire Murders	
FILMS - Sky Cinema	301 PREMIERE	◂ 6.20 Reckless		8.00 M3GAN 2.0				10.10 The Toxic Avenger	
	302 VALENTINES	◂ 6.15 A Nice Indian Boy		8.00 Valentine's Day				10.15 The Bodyguard	
	303 BUDDY FILMS	◂ 6.15 Police Academy 2: Their First...		8.00 Police Academy 3: Back in Training			9.30 Trading Places		
	304 GREATS	◂ 6.25 Mad Max		8.05 Mad Max 2			9.45 Mad Max Beyond Thunderdome		
	305 ANIMATION	◂ 5.50 Bee Movie	7.30 Pil's Adventures			9.05 Smurfs: The Lost Village			
	306 FAMILY	◂ 6.00 Stuart Little	7.35 Stuart Little 2			9.00 Stardust			
	307 ACTION	◂ 5.10 2012		8.00 The Fall Guy				10.20 Transformers	
	308 COMEDY	◂ 6.10 Beverly Hills Cop II		8.00 Mamma Mia!			9.50 Mamma Mia! Here We Go Again		
	309 THRILLER	◂ 5.55 Murder by Numbers		8.00 Trap				10.00 The Godfather Part II	
	310 DRAMA	◂ 6.00 Elizabeth: The Golden Age		8.00 Nuremberg					10.35 Darkest...
	311 SCI-FI	◂ 5.40 Sinners		8.00 Terminator Salvation				10.00 Blade 2	
	313 FILM4	◂ 6.25 Battleship				9.00 The Pope's Exorcist			
SPORT	401 MAIN EVENT	7.00 SPFL – Live: Motherwell v Rangers (Kick-off 8.00)							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 Gillette Labs Soccer Special							10.30 PL Stories
	403 FOOTBALL	7.00 SPFL – Live: Motherwell v Rangers (Kick-off 8.00)							10.30 WSL
	405 CRICKET	7.00 ICC Men's T20 World Cup							
	410 TNT SPORTS 1	7.00 Premier League – Live: Sunderland v Liverpool (Kick-off 8.15)							
	411 TNT SPORTS 2	◂ 6.15 Winter Olympic Games – Live: Coverage of Figure Skating featuring the mixed ice dancing free program							10.30 Ciao Cortina

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.00 **LIVE Winter Olympics** Hazel Irvine presents the opening coverage of day five from Italy. The first skiing medals of the day are awarded in the men's Super-G at Stelvio Ski Centre. *Coverage continues on BBC2*. (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Winter Olympics** Jeanette Kwakye presents further coverage of day five, including the second run of the women's moguls final at Livigno Aerials & Moguls Park. *Coverage continues on BBC2*. (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

9.30 Black Ops

7 PM

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Linda confides in Max, while Priya is angry having discovered a truth. (S)(AD)

8 PM

8.00 **MasterChef: The Professionals** New edition 2/21. The 2016 winner Gary Maclean returns to the kitchen to set skills tests for the next group of chefs. (S)(AD)
■ The first three editions are available on BBC iPlayer

9 PM

9.00 **Can You Keep a Secret?** Series finale 6/6. Debbie considers coming clean. (S1) (S)
■ Entire series on BBC iPlayer
9.30 **Black Ops** Series finale 6/6. Dom and Kay race to stop a threat at the Notting Hill Carnival. (S2) (S)

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Match of the Day** Gabby Logan presents action from the midweek Premier League matches, including Manchester City v Fulham at the Etihad Stadium, Sunderland v Liverpool at the Stadium of Light and Aston Villa v Brighton & Hove Albion at Villa Park. (S)
12.10 AM **FILM Ghost Stories** Horror anthology starring Andy Nyman, Martin Freeman and Paul Whitehouse. A professor famous for debunking hoaxes and ghost sightings is given a dossier of three unsolvable cases. (S)(AD) (2017, 15, 90min) ★★★★
1.40 **Weather for the Week Ahead**. (S)
1.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Pointless** (S)(R)
7.15 **Antiques Road Trip** (S)(R)
8.00 **Sign Zone: Rick Stein's Australia** 6/6. The chef enjoys the seafood of the Sapphire Coast. (S)(R)(AD)
9.00 **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Dr Xand's Con or Cure** (S)(R)
11.15 **Politics Live** (S)
1.00 PM **LIVE Winter Olympics** Further coverage of the events on day five from Italy. The Nordic Combined individual normal hill event reaches its climax with the 10km cross-country race. *Coverage continues on BBC1*. (S)
2.00 **Unbeatable** Quiz show. (S)(R)
3.30 **Escape to the Country** (S)(R)
4.30 **Flog It!** Paul Martin and the team value antiques at the Discovery Museum in Newcastle. (S)(R)

5.15 Winter Olympics

5.15 **LIVE Winter Olympics** Clare Balding presents the concluding coverage of day five of the 25th staging of the Games from Italy. The Great Britain men's curling team play their opening match of the round-robin stage against China at Cortina Curling Olympic Stadium, and Team GB's Lilah Fear and Lewis Gibson will have their eyes on the podium as the ice dance reaches its conclusion at Milano Ice Skating Arena. Plus, the women's and men's luge doubles events conclude at Cortina Sliding Centre, with Germany looking to continue their dominance of the sport. Medals are also awarded in the men's 1,000m at Milano Speed Skating Stadium, which was won by Thomas Krol of the Netherlands four years ago in Beijing. (S)

10.00 **One Foot in the Grave** *The Return of the Speckled Band*: 6/6. Victor quarrels with the electricity board. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Unspun World with John Simpson** Reflecting on the week's major global news stories. (S)
11.30 **Digging for Britain** A team look for clues to the ancient origin of St Michael's Mount. (S)(R)(AD)
12.30 AM **Sign Zone: Dragons' Den** (R)
1.30 **Sign Zone: Mystery Road: Origin**
2.25 **Sign Zone: Waiting for the Out** (R)
3.10 **Sign Zone: Inside the Factory** (R)
4.10 **Sign Zone: Amanda & Alan's Greek Job** 6/8. (S)(R)(AD)
4.40 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Fleetwood, Lancashire, where Jan Keyne finds out what whisky noggins are. (S)(R)(AD)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Lindsey takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** (S)
6.30 **ITV News** (S)

9.00 The Summit

7.30 **Deal or No Deal: Banker's Best Battles** New edition Stephen Mulhern looks back at Harry and Nay Nay's appearances, and whether they accepted an offer from the Banker in exchange for what was in their boxes. (S)

8.00 **Emmerdale** April tries to appeal to Bea, Joe delivers an ultimatum, and Victoria visits Moira. (S)(AD)
8.30 **Coronation Street** Theo finds fault with Todd's diet and spending, while David voices misgivings about Jodie. (S)(AD)
9.00 **The Summit** New edition 2/8. After the group endure a gruelling eight-hour uphill hike weighed down by prize money, the Mountain's Keeper presents them with a dilemma. Hosted by Ben Shephard. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Peston** Political magazine show hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 **The Murder of Bianca Devins: Social Media Murders** 3/4. A woman in New York is murdered and the killer posts footage of his crime on social media. (S)(R)(AD)
12.25 AM **The Summit** (S)(R)(AD)
1.20 **Teleshopping**
3.00 **Ainsley's Taste of the Bahamas** The country's sweet treats. (S)(R)
3.25 Bahamian breakfasts. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour | 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 13-15/26. (S8) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition Pressure mounts at Adrian and Serena's French château as they are nowhere near ready to open their doors. (S)
5.00 **Chateau DIY: Win the Dream** New edition The contestants must turn blank interiors into elegant reading rooms or libraries. (S)(AD)
6.00 **A Place in the Sun** New edition A woman searches for a holiday home on Spain's Mar Menor. (S)

8.00 Kirstie and Phil's Love It or List It

7.00 **News** (S)

8.00 **Kirstie and Phil's Love It or List It** New edition Phil returns to Stockport, where back in 2024 he and Kirstie helped Renee and Jacqueline, who couldn't decide what to do with their six-bedroom home. (S)(AD)

9.00 **Michael Jackson: The Trial** New edition 3/4. A look at how Jackson's first court appearance turned into a circus, with fans bussed in for a trial that divided America on race, fame, the media and justice. (S)(AD)
■ Concludes tomorrow

10.00 **NEW First Dates: Be My Valentine** The restaurant opens its doors for Valentine's Day. Former *Gogglebox* star Daniel meets paramedic Simon, while dentist Phil is paired with medical sales manager Jessica. (S)(AD)
11.05 **Gogglebox** (S)(SL)(R)(AD)
12.05 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
12.55 **The Great Icelandic Swim with Ross Edgley** (S)(SL)(R)(AD)
1.50 **FILM The Empty Man** Mystery with James Badge Dale. (S)(SL)(AD) (2020, 18, 140min) ★★★★
4.10 **Kirstie and Phil's Love It or List It: Brilliant Builds** (S)(SL)(R)(AD)
4.40 **The Great Pottery Throw Down**
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** *La Rochelle:* 1/8. First episode of the crime drama starring Shayne Ward and Catherine Tyldesley. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition Double act Will and Steve prepare to return to the stage. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition 8/10. The work of the Fox Project. (S)
6.05 **The Motorway** A multiple car pile-up blocks the M60. (S)(R)
6.55 **News** (S)

9.00 Surgeons: A Matter of Life...

7.00 **GPs: Behind Closed Doors** Scaffolder Luke learns his shoulder pain will mean significant time off work, and 52-year-old Muhammad has chest pains. (S)(R)
7.55 **News** (S)
8.00 **Casualty 24/7: Every Second Counts** New edition Four-year-old Skyler is rushed into paediatrics care with recurring seizure, while 85-year-old Maureen has a slow heartbeat. (S)
9.00 **Surgeons: A Matter of Life or Death** Series finale 6/6. Two surgeons attempt to carve a hole in patient Abi's skull to detangle a tumour and nerve, which is causing her debilitating facial pain. (S)
10.30 **Ambulance: Code Red** A 41-year-old man has been involved in a traffic collision, leaving him with multiple injuries – a potentially fractured foot, arm and pelvis, as well as possible internal bleeding. (S)(R)(AD)
11.30 **Skin A&E** Dr Dev Shah tries to avoid a crucial nerve on a patient's forehead. (S)(R)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S2) (S)(R)(AD)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **Hawaii Five-0** (S10) (S)(R)
2.00 **S.W.A.T.** 6/18. (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *Lisa's Pony:* Homer buys Lisa a pony in a bid to prove his love for her. (S)(R)
5.30 **The Office (US)** 22/22. Dunder Mifflin hosts a charity casino night. (S2) (S)(R)
6.00 1/25. Michael inadvertently lets slip that one of his colleagues is gay. (S)(R)
6.30 2/25. Michael and Dwight meet Jan at a work convention in Philadelphia. (S3) (S)(R)

8.00 Landscape Artist of the Year

7.00 **The Simpsons** *Principal Charming:* Homer arranges a date between Principal Skinner and Marge's sister Selma. (S)(R) **7.30** *Bart's Friend Falls in Love:* Milhouse falls for a new girl at school. (S)(R)
8.00 **Landscape Artist of the Year** New edition Stephen Mangan hosts as the fifth heat takes place aboard HMS *Wellington* at Temple Pier in Westminster. (S)(AD)
9.00 **FILM Robin Williams: Come Inside My Mind** An intimate portrait of the life and work of the beloved comedian and actor, Robin Williams, featuring previously unseen footage and interviews with those closest to him. (S)(AD) (2018, 12, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **Karl Pilkington: The Moaning of Life** Karl explores the impact of waste on our planet, and meets a man who has found a unique use for old bottles. (S)(R)
12.10 AM **The Force: North East** Police hunt for a man wanted for domestic violence. (S)(R)
1.10 **Road Wars** Double bill. (R)
3.00 **S.W.A.T.** 16/18. (S4) (S)(R)(AD)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm Sportscene: Premiership Highlights (S) **11.55** Match of the Day (S) **1.25am** Debate Night (S) (R) **2.25** Scotcast (S)(R) **2.55** Weather for the Week Ahead (S) **3.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Nolan Live New edition (S) **11.40** Match of the Day (S) **1.10am** The Weakest Link (S)(R) **1.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Walescast: Your Voice (S) **11.40** Match of the Day (S) **1.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm QI New edition (S)

WALES
Sky 968, Freesat 968
11.30pm-12.30am Keeping the World Away – Finding Gwen John (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Cartrefi Cymru **1.30** Ciao! Colleen Ag Owain (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Antur y Gorllewin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Bois y Pizza: Chwe' Gwlad (AD) **6.25** Darllediad Gwleidyddol **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Y Deis New edition **8.55** Newyddion a'r Tywydd **9.00** Amour & Mynydd New edition **10.00** NEW SERIES Amour & Mynydd **10.30** Dal y Mellt (AD) **11.30pm-12.00m't** Y Byd ar Bedwar

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall comes face to face with a venomous scorpion fish. **7.30** Gannets, venomous snakes and hornets.
8.00 **Dragons' Den** 2/14. Pitches include skincare made from rescued food.
9.00 **The Apprentice** 2/12. The candidates must create a children's story book.
10.00 **The Apprentice: Unfinished Business** 2/12. Angela Scanlon chats to the latest candidate to leave the process.
10.30 **Tell Me Lies** 1/10. Drama following the unhealthy relationship between two university students. (S1)
11.20 **Tell Me Lies** 2/10. Lucy and Stephen go on their first date. **12.05** AM 3/10. Stephen and Lucy discuss exclusivity. (S1)
12.55 **Sin City: The Real Las Vegas** 1&2/2. Documentary.
2.25 **Long Story Short: True Love and Wormholes**
2.40 **to 3.55** AM **RuPaul's Drag Race UK vs the World**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael Portillo pays a visit to the Walkers crisps factory in Leicester.
7.30 **Coastal Path** Paul Rose explores the soft and rolling coastline of south Devon.
8.00 **Brian Cox's Adventures in Space and Time** 3/4. The physicist takes a fresh look at the concept of gravity.
9.00 **Tribe** 3/6. Explorer Bruce Parry sails to the island of Anuta in the South Pacific.
10.00 NEW **Michael Palin Remembers... Number 27** Michael Palin look backs at his 1988 screenplay for the drama *Number 27*.
10.15 **Number 27** Drama starring Joyce Carey. A contractor and an elderly woman form an unlikely friendship.
11.30 **Castles: Britain's Fortified History**
12.30 AM **Great British Railway Journeys** As 7.00pm.
1.00 **Coastal Path** As 7.30pm.
1.30 **Tribe** As shown at 9.00pm.
2.30 **to 3.30** AM **Brian Cox's Adventures in Space...**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** Danni Menzies helps a couple to find a holiday home in Manilva, Spain.
5.55 **Car S.O.S** Tim Shaw and Fuzz Townshend secretly restore a 1930 Ford Model A. **6.55** Tim and Fuzz rescue the rusting wreck of a rare Talbot Sunbeam Lotus.
7.55 **The Dog House** Trini from London contends with sassy fluffball Balloo, while Roz and John are keen to help their cockapoo Marnie following the loss of her sight.
9.00 **Our Yorkshire Pub Rescue with Jon Richardson** New edition Jon gets stuck into sandblasting the pub's exterior, hoping to reveal the original stonework.
10.00 **Perfect Pub Walks with Bill Bailey** 2/4. Bill is joined by Trevor McDonald for walks in Essex and Suffolk.
11.05 **24 Hours in A&E**
12.10 AM **Our Yorkshire Pub Rescue with Jon Richardson** As 9.00pm.
1.15 **Emergency Helicopter Medics** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped's South Korean Adventure**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **Hollyoaks** Vicky struggles to decide what she really wants for her future.
7.30 **The Simpsons** *Puffless:* Marge's sister Patty moves in with Homer and Marge.
8.00 **First Dates: Be My Valentine** On Valentine's night, a wedding celebrant hopes to find romance.
9.00 **Gogglebox** Opinions on *Coronation Street* and *Strictly Come Dancing*.
10.00 **Gogglebox** Views on *Coronation Street, The Cube* and *A Nightmare on Elm Street 3: Dream Warriors*.
11.05 **Dating Naked UK**
12.10 AM **Naked Attraction**
1.15 **First Dates: Be My Valentine** As 8.00pm.
2.20 **Gogglebox**
3.10 **Naked Attraction**
4.05 **The Goldbergs**
4.55 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 12/22. (S5)
1.00 PM **The Rookie** 3&4/18. (S7)
3.00 **Watson** 13/13. John finally confronts Moriarty. (S1)
4.00 **Law & Order: Criminal Intent** 17/22. A serial killer enlists an accomplice. (S1)
5.00 **Nothing to Declare** Four editions of the documentary.

9.00 Matlock

7 PM

7.00 **Police 24/7** A reported menacing call requires multiple officers and dogs to resolve the situation.

8 PM

8.00 **Law & Order: Criminal Intent** *Lady's Man:* 11/16. A man who had been acquitted of murdering his first wife is killed. (S8)

9 PM

9.00 **Matlock** New episode *Harm Reduction:* 6/16. Matty and Olympia help a group of nuns. (S2)

10 PM

10.00 **The Rookie** *Fight or Flight:* 13/22. Nolan and Chen must get a stolen police helicopter back from a teenage thief. (S4)
11.00 **The Rookie** 14/22. (S4)
12.00 M'T **FBI** 11/22. (S5)
1.00 AM **Law & Order: Criminal...**
2.00 **FBI** New episode 2/22. (S8)
3.00 **Law & Order: Criminal Intent**
4.00 **Road Wars**
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
8.00 **Boardwalk Empire** 7/8. (S5)
9.10 **The Sopranos** (S5)
11.30 **Game of Thrones** (S6)
1.50 PM **The Wire** 3/10. Carcetti leaks his plans for the police department to the media. **3.00** 4/10. Marlo tries to win favour with Vondas. (S5)
4.10 **Westworld** 8/8. Dolores' true intentions are revealed. (S3)
5.40 **Deadwood** As 11.05pm.
6.50 **Game of Thrones** 5/10. Bran learns a great deal, and Tyrion seeks a strange ally. (S6)

10.00 Mare of Easttown

7.55 **Game of Thrones** *Blood of My Blood:* 6/10. An old foe returns to the great game, Arya faces a difficult choice, and Jaime faces off with the High Sparrow. (S6)
9.00 **Under Salt Marsh** 3/6. Jackie and Bull are forced into an alliance and share information while following separate leads. (S1)
10.00 **Mare of Easttown** *Poor Sisyphus:* 4/7. An anonymous call gives Dawn hope that Katie might still be alive. (S1)
11.05 **Deadwood** 4/12. George Hearst threatens to ruin the town, as Swearengen chooses Adams as his deputy. (S3)
12.05 AM **The Sopranos** 2-4/13. Triple bill of episodes. (S5)
3.05 **Game of Thrones** (S6)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 7/13. (S9)
9.00 **Stargate SG-1** 19/22. (S7)
10.00 **Rob Beckett's Smart TV**
11.00 **Karl Pilkington: The Moaning of Life**
12.00 NOON **The Flash** 8/13. (S9)
1.00 PM **Hawaii Five-0** (S10)
2.00 **Rob Beckett's Smart TV**
3.05 **S.W.A.T.** 16/18. (S4)
4.10 **A League of Their Own Road Trip: Dingle to Dover**
5.10 **Karl Pilkington: The Moaning of Life**
6.10 **Stargate SG-1** 19/22. (S7)

9.00 Johnny Mnemonic

7.10 **Stargate SG-1** *Inauguration:* 20/22. Robert Kinsey tries to assume control of the Stargate programme. With Ronny Cox. (S7)
8.10 **Never Mind the Buzzcocks** With Naughty Boy, Sophie Willan, Lucy Beaumont and Kate Nash.
9.00 **FILM Johnny Mnemonic** Futuristic thriller starring Keanu Reeves as a 21st-century courier with a micro-chip in his brain who undertakes one final, dangerous mission. With Dolph Lundgren and Ice-T. (1995, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **Fear the Walking Dead** 13/16. Alicia is thrust into a position of leadership where she is forced to make life-changing decisions. (S3)
12.00 M'T **Stargate SG-1** As 7.10pm.
1.00 AM **The Force: North East**
2.00 **Road Wars**
3.00 **S.W.A.T.** 16/18. (S4)
4.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date** Double bill.
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

7.00 Wheel of Fortune

7.00 **Wheel of Fortune** Graham Norton hosts as contestants compete for the chance to spin the wheel and win big money.
8.00 **The Real Housewives of Orange County** New edition Emily throws a Persian New Year party with a surprise activity.
9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.
10.05 **Grosse Pointe Garden Society** New episode *The Frost:* 8/13. The garden clubbers wake to a perilous frost. (S1)
11.05 **Family Guy** 10/20. Peter's hair turns white. **11.35** 4/20. Stewie invents a shrinking machine. (S17)
12.05 AM **American Dad!** (S14)
1.05 **Bob's Burgers** (S13&12)
2.05 **Count Abdulla** 6/6. (S1)
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *Trespass:* The son of a high-profile Jewish businessman is attacked.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Mind Games:* Rosie is viciously attacked while attending a broken-down vehicle stranded on the moors.

8.00 Grace

6.55 **Heartbeat** *The Medium Is the Message:* The vicar's returns to find his wife murdered, but his alibi rouses Rachel's suspicions.
8.00 **Grace** *Dead Like You:* A series of chilling attacks in Brighton all bear the same signs, and Roy Grace has a feeling he has seen the MO before.
10.00 **Foyle's War** *Elise:* When Hilda is targeted by an assassin, Foyle suspects the shooting may be connected to a traitor within the Special Operations Executive.
11.50 **Trial & Retribution** 9/10. A Metropolitan Police commander and his wife are murdered. (S10)
1.20 AM **On the Buses**
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.30 PM **Politics Scotland**
3.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **Scotland's Home of the Year** Judges Anna Campbell Jones, Banjo Beale and Danny Campbell visit three properties in the south.
8.00 **Grand Tours of Scotland's Rivers** New edition Paul Murton follows the River Irvine and the River Forth.
9.00 **Debate Night** Topical discussion on the big issues affecting Scotland and beyond.
10.00 **The Troops** 2/3. Soldiers face off against Nato allies posing as enemy forces.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **David Wilson's Crime Files** Murder cases in which no body was ever found.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Ballers** 3&4/10. (S3)
10.20 **Sex and the City** (S2)
11.25 **Entourage** (S3)
12.30 PM **Will & Grace** (S5)
1.30 **Sex and the City** (S2)
2.40 **Ballers** 5&6/10. (S3)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S3)
5.45 **Will & Grace** (S5)
6.45 **Community** (S6)
7.55 **Sex and the City** 15/18. Miranda dates a divorced father. **8.25** 16/18. Charlotte's partner falls asleep during sex. (S2)
9.00 **Ramy Youssef: Feelings**
10.10 **And Just Like That...** *February 14th:* 7/11. Carrie ponders the significance of her upcoming dinner with Aidan. (S2)
11.00 **Community** (S6)
12.10 AM **Entourage** (S3)
1.15 **Ballers** 5&6/10. (S3)
2.25 **Curb Your Enthusiasm**
3.50 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Highlights**
7.50 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Painting Birds with Jim and Nancy Moir**
3.00 **Classic Literature & Cinema** Adventure.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Landscape Artist of the Year** New edition
9.00 **Landscape Artist of the Year National Trust Favourites**
10.00 **Julie Andrews Forever**
11.00 **Science Fiction in the Atomic Age**
12.00 M'T **John & Yoko: Above Us Only Sky**
2.00 AM **Kate Bush: The Timeless Genius**
3.15 **to 6.00** AM **Highlights**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager** (S6)
7.00 **Star Trek: The Next Generation** *Phantasms:* 6/26. Sci-fi drama. (S7)
8.00 **Landscape Artist of the Year** New edition The fifth heat takes place aboard HMS *Wellington*.
9.00 **The Rookie** (S2)
11.00 **Grimm** 11/22. (S5)
12.00 M'T **Wynonna Earp** (S4)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Wheel of Fortune**
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** Stephen Mulhern hosts the game show as contestant Monz tries to open the 22 red boxes in the right order for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based game show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as people compete against the most formidable quiz team on TV.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Five cousins from Essex take part.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
6.00 **Location, Location, Location** In Darlington.
7.00 **George Clarke's Building Home** A couple hope to restore a Derbyshire cottage.
8.00 **Bargain Holiday Secrets** How to bag a long-haul break on a short-haul budget.
9.00 **The Roman Empire by Train with Alice Roberts** The anthropologist explores key sites of the Roman empire.
10.00 **FILM The Woman King** Historical drama. (2022, 15, 135min) ★★★★
12.40 AM **Gogglebox**
2.40 **Michael Jackson: The Trial** 3/4. Documentary.
3.45 **to 4.45** AM **First Dates: Be My Valentine**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.20 **Magnum, PI**
9.20 **Kojak**
10.25 **Boon**
11.35 **Dempsey and Makepeace**
1.35 PM **Magnum, PI**
2.35 **Kojak**
3.40 **Boon**
4.45 **The Sweeney** *Big Brother:* Regan is targeted by a suspect's vengeful brother.
5.50 **Minder** *Dead Men Do Tell Tales:* Arthur is persuaded to pick up a coffin from Heathrow airport and store it.

9.00 Casino Royale

7.00 **American Pickers** Mike Wolfe and Frank Fritz pick through the junk at an airport and are tempted by vintage pedal cars.
8.00 **Junk & Disorderly** The team buy so many items from Tewkesbury auction that they have got their work cut out for them.
9.00 **FILM Casino Royale** James Bond spoof starring David Niven, Peter Sellers and Woody Allen. Agent 007 passes on his licence to kill to his inept nephew. (1967, PG, 130min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
11.40 **Wrestling: AEW Collision** Featuring FTR, Thunder Rosa, Jon Moxley and Jay White.
1.35 AM **The Sweeney** As 4.45pm.
2.25 **Made in Britain**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 23/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 24/26. (S5)
2.00 **The Ark** 3&4/12. (S2)
4.00 **Stargate SG-1** 12/22. (S2)
5.00 **Star Trek: Voyager** (S1)
6.00 **Star Trek: The Next Generation** 23/26. A critically injured Borg is rescued, leaving Picard and the crew with conflicting emotions. (S5)

11.05 Wynonna Earp

7.00 **Star Trek: Deep Space Nine** *Empok Nor:* 24/26. Garak appears to be possessed by the spirit of a Cardassian killer. (S5)
8.00 **Stargate SG-1** *The Tok'ra – Part Two:* 12/22. Samantha's terminally ill father agrees to become a host for a Tok'ra. (S2)
9.00 **Westworld** *Trace Decay:* 8/10. Bernard struggles with a mandate issued to him, while Maeve looks to change her script. (S1)
10.05 **The Leftovers** *Cairo:* 8/10. While Kevin fears he is losing touch with reality, Jill begins a downward spiral. (S1)
11.05 **Wynonna Earp** 3/12. Curse originator Bulshar comes out from the shadows. (S3)
12.00 M'T **True Blood** 11/12. Bill visits the vampire queen of Louisiana. **1.00** AM 12/12. Sam puts his trust in a new ally. (S2)
2.00 **The Ark** 3&4/12. (S2)
4.00 **Wynonna Earp** As 11.05pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S11)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 20/22. (S6)
11.00 **Hudson & Rex** 18/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 2/8. (S3)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S11&12)
4.00 **The Mentalist** 20/22. (S6)
5.00 **Hudson & Rex** 18/20. (S5)
6.00 **Father Brown** *The Sisters of Aeschylus:* Murder ensues after Lady Felicia invites a prestigious group of writers to Montague. Stars Nancy Carroll.

6.00 Father Brown

7.00 **Miss Fisher's Murder Mysteries** *Murder and the Maiden:* 2/8. A woman is found dead outside an air force base. (S3)
8.00 **Death in Paradise** *Until Death Do You Part:* 4/8. A bride-to-be is found dead in her bath after her hen party. (S4)
9.00 **Death in Paradise** *Murder in the Polls:* 8/8. A political candidate is stabbed to death in the polling booth. (S6)
10.00 **Miss Scarlet** 1/6. When a new Detective Inspector starts at Scotland Yard, Eliza must fight to prove herself all over again. (S5)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** (S2)
1.00 AM **Death in Paradise** (S4)
2.00 **Evil** 8/10. The team head to a toy shop to investigate reports of possessed toys. (S3)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
9.15 **Dad's Army**
9.55 **Are You Being Served?**
10.35 **Porridge**
11.15 **Keeping Up Appearances**
11.55 **Last of the Summer Wine**
1.10 PM **The Green Green Grass**
1.50 **dinnerladies**
2.25 **Dad's Army**
3.05 **Are You Being Served?**
3.45 **Porridge**
4.25 **Dad's Army**
5.05 **Last of the Summer Wine**
6.25 **Keeping Up Appearances**

10.15 Not Going Out

7.00 **Porridge** The inmates are shocked to find there is a thief in their midst.
7.35 **Dad's Army** Captain Mainwaring sends his men on lengthy route marches to harden their feet.
8.20 **dinnerladies** Bren's mother Petula wreaks havoc in the factor.
9.00 **dinnerladies** The girls celebrate Japanese-style at their work party. **9.35** Morale plummets to its lowest point when Dolly and Jean walk out.
10.15 **Not Going Out** Lee has to leave the flat when he gets a job as a caretaker.
10.55 **Keeping Up Appearances** Hyacinth searches for a small country retreat.
11.30 **dinnerladies** Double bill.
12.50 AM **Not Going Out**
1.25 **Alma's Not Normal**
2.30 **Don't Wait Up**
3.00 **to 4.00** AM **Porridge**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Recipes featuring fowl.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Speed with Guy Martin**
11.00 **Rick Stein's Secret France**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** From Australia.
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Secret France** The seafood chef concludes his tour with trips to the Languedoc and Provence.

11.00 Taskmaster

7.00 **Would I Lie to You?** With guests Alex Brooker, Ben Miller, Henning Wehn and Doon Mackichan.
7.35 **Richard Osman's House of Games** Guests include Louis Emerick. **8.20** With Janet Ellis, Suzi Ruffell, Darren Harriott and Radzi Chinyanganya.
9.00 **QI XL** Guests David Mitchell, Rob Brydon and Dara O Briain join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Damian Lewis hosts the satirical quiz, with Katy Balls and Chris McCausland.
11.00 **Taskmaster** Kerry Godliman hits a cricket ball with a croquet mallet, and Phil Wang makes a really strange noise.
12.00 M'T **Mock the Week** With Ed Byrne and Glenn Moore.
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74 259

Wednesday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 7&8/24. (S3)
11.00 **Law & Order** (S10)
5.00 PM **NCIS** Four episodes of the series, including at: **7.00** *Hiatus – Part One:* 23/24. Gibbs is injured in an explosion. **8.00** *Hiatus – Part Two:* 24/24. Gibbs emerges from his coma. (S3)
9.00 **Criminal Minds** *Spectator Slowing:* 3/10. The BAU team investigate a series of seemingly random fatal explosions. (S15)
10.00 **Law & Order: Special Victims Unit** *Exile:* 6/24. A homeless woman with a dual personality is attacked. (S20)
11.00 **Law & Order: Special Victims Unit** (S19)
12.50 AM **NCIS** (S22)
1.45 **Law & Order** (S24)
2.35 **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **Extreme Nightmare Tenants** The work of a lawyer who specialises in evicting troublesome tenants and squatters.
8.00 **Call the Bailiffs: Time to Pay Up** Agents Mark and Sam chase a builder who owes over £10,000.
9.00 **FILM Battle: Los Angeles** Adventure starring Aaron Eckhart. A group of Marines set out to defend LA from invading aliens. (2011, 12, 116min) ★★★
11.25 **Fights, Camera, Action!**
1.20 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Traffic Cops**
10.05 **Police Interceptors**
12.05 PM **FILM Pillars of the Sky** Western drama. (1956, PG, 95min) ★★
2.05 **FILM Man Without a Star** Western adventure. (1955, PG, 89min) ★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers hunt for an uninsured driver who might be drunk.
9.00 **Traffic Cops** Officers deal with incident over a bank holiday weekend.
10.00 **Special Forces: Most Daring Missions** British soldiers held hostage by West Side Boys.
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake** Documentary.
8.00 **NCIS: New Orleans** *More Now:* 17/23. Pride is convinced the elusive 'Baitfish' has returned. **9.00** *The List:* 18/23. A sailor is shot dead in the champagne room of a strip club. (S1)
10.00 **Elementary** *The Red Team:* 13/24. A conspiracy theorist dies. (S1)
11.00 **Emergency: First Time Medics** Documentary.
12.00 M'T **Louis Theroux: Talking to Anorexia**
1.00 AM **Louis Theroux: Gambling in Las Vegas**
2.00 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.05 AM **Birds of a Feather**
7.35 **The Bill**
8.35 **Doctors**
9.45 **Classic Holby City**
10.45 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge**
6.00 **Last of the Summer Wine** Triple bill.
8.00 **The Marlow Murder Club** 1/2. Judith Potts witnesses her the murder of her neighbour. (S1)
10.00 **New Tricks**
11.20 **Shakespeare & Hathaway: Private Investigators**
12.20 AM **Waking the Dead**
1.40 **Porridge**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Copper**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great Indian Railway Journeys**
8.00 **Bangers & Cash**
10.00 **True Evil: The Making of a Nazi** Documentary.
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **True Evil: The Making of a Nazi** Documentary.
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Abandoned Engineering** Series finale Exploring a secret subterranean network in London that inspired James Bond author Ian Fleming.
9.00 **Classic Car Kings** A Lamborghini Espada.
10.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering** Double bill.
2.00 **to 3.00** AM **True Evil: The Making of a Nazi**

+1 hour 255 329

WEDNESDAY Entertainment

Wednesday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family: Born Without Trace**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Fixer to Fabulous** New edition Dave and Jenny Marrs rethink everything to craft a New Orleans-inspired backyard addition.
10.00 **Home Town** New edition Two siblings leave New York City to put down Southern roots.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 10-12/22. (S7)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** (S2)
4.10 **Hamish Macbeth** (S3)
5.20 **Doctor Finlay** 1/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 19-21/22. (S10)
9.00 **Whatever Happened to the Likely Lads?** 5/14. Bob and Terry show their competitive spirit. **9.40** 6/14. Terry carries out home improvements for Bob and Thelma while they are on holiday. **10.20** 7/14. Bob's misery is compounded when he has a run-in with Terry. (S2)
11.00 **The New Avengers**
12.00 M'T **The Avengers** (S5)
1.00 AM **M*A*S*H** (S10)
2.25 **A Fine Romance** (S4)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.10 AM **Tombstone Territory**
9.50 FILM **Hell River** Drama. (1974, PG, 99min) ★★
12.00 NOON **The High Chaparral** 5/26. (S3)
1.00 PM FILM **40 Guns to Apache Pass** Western. (1966, PG, 95min) ★★
3.00 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers** (S1)
7.00 **The Avengers** (S5)
8.00 **The Baron** 3/30. (S1)
9.00 FILM **Braven** Thriller starring Jason Momoa. (2018, 15, 94min) ★★★
11.00 FILM **American Heist** Crime action drama. (2014, 15, 94min) ★★
1.00 AM **The Baron** (S1)
2.00 **The Avengers** (S5)
2.55 **Police Ten 7**
3.20 FILM **The Big Lift** Drama. (1950, b/w, PG, 119min) ★★★
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **Lost Letter Mysteries: Lost Without You** Drama. (2016, PG, 85min) ★★
10.05 **Unforgettable** (S4)
11.05 **Castle** 11/23. (S6)
12.05 PM **Hailey Dean Mysteries** Crime drama.
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 12/23. (S6)
8.00 **Unforgettable** (S4)
9.00 **Hailey Dean Mysteries**
10.55 FILM **The Gourmet Detective** Mystery starring Dylan Neal. (2015, PG, 90min) ★★
12.50 AM FILM **Famous and Fatal** Crime thriller starring Sarah Roemer. (2019, 12, 87min) ★★
2.35 FILM **A Murderer Upstairs** Thriller. (2017, PG, 85min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **My Birthday Romance** (2020) ★★
10.20 FILM **Mid-Love Crisis** Drama. (2022, PG) ★★
12.15 PM FILM **Falling for the Competition** Drama. (2023, U, 89min) ★★
2.15 FILM **The Perfect Bride** Romantic comedy. (2017, PG, 84min) ★★
4.10 FILM **The Perfect Bride: Wedding Bells** Drama. (2018, PG, 84min) ★★
6.05 FILM **A Romance Wedding** Comedy. (2020, PG, 85min) ★★
8.00 FILM PREMIERE **Love, Game, Match** Comedy. (2022, U, 91min) ★★
9.55 FILM **Sincerely, Yours, Truly** Romantic drama. (2020, PG, 90min) ★★
11.50 FILM **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 4.50** AM FILM **My Birthday Romance**

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves**
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn...**
12.30 PM **The Top Secret...**
1.00 **Wish Me Luck** (S1)
2.00 **The Champions** (S1)
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S2)
6.30 **The Fenn Street Gang**
7.00 **The Top Secret Life of Edgar Briggs**
7.30 **The Brian Conley Show**
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S1)
10.00 **Drop the Dead Donkey**
10.30 **Stereo Underground**
11.30 **Soap** 11 & 12/25. (S1)
12.30 AM **Brian Conley Show**
1.00 **Thick as Thieves**
1.30 **The Rewind Jukebox**
2.30 **Drop the Dead Donkey**
3.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Cooper's Treasure** Documentary.
1.00 PM **Expedition Unknown**
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** With major repairs to do on the *Time Bandit*, Andy is faced with a big decision. **8.00** Captains Josh Harris and Casey McManus fight.
9.00 **Alaska: Homestead Rescue** Marty re-rescues a family whose home faces major structural issues.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Tom Kerridge Secrets of the Pub Kitchen** Double bill.
7.00 **Hairy Bikers Go West**
8.00 **The Pioneer Woman: Home Sweet Home**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman: Home Sweet Home**
5.00 **Jamie's 15 Minute Meals** Double bill.
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Jamie Cooks Italy**
10.00 **Adam Richman Eats Italy** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 4/26. (S5)
9.00 **The A-Team** 8/23. (S4)
10.00 **The Invaders** 6/17. (S1)
11.00 FILM **Bermuda Tentacles** Sci-fi thriller. (2014, 12, 86min) ★★
1.00 PM FILM **Invasion of the Body Snatchers** Sci-fi chiller. (1956, b/w, PG, 80min) ★★★★★
2.35 FILM **The Spy Who Came in from the Cold** Spy thriller. (1965, b/w, PG, 107min) ★★★★
5.00 **Star Trek** 13/26. (S2)
6.00 **The Invaders** 7/17. (S1)
7.00 **The A-Team** 9/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Wild Card** Thriller. (2015, 15, 92min) ★★★
10.55 FILM **The Sweeney** Action thriller. (2012, 15, 112min) ★★★
1.05 AM FILM **Stratton** Thriller. (2017, 15) ★★
3.00 **to 4.50** AM FILM **Lonesome Dove Church** Western. (2014, 15) ★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **The Gambler III: The Legend Continues** Drama sequel. (1987, PG, 90min) ★★
11.00 **The Lost World** (S1)
12.00 NOON FILM **Malibu Shark Attack** Horror. (2009, 15, 90min) ★★
2.00 PM FILM **Super Cyclone** Disaster movie. (2012, 12, 90min) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **Memoirs of an Invisible Man** Comedy. (1992, PG, 99min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 3/23. (S2)
9.00 FILM **Centurion** Gory action thriller. (2009, 15, 91min) ★★★
11.00 FILM **Reasonable Doubt** Crime thriller. (2013, 15, 91min) ★★★
1.00 AM FILM **Centurion**
3.00 FILM **Memoirs of an Invisible Man** (1992)
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **Strange Evidence** New editions Double bill.
11.00 **The Proof Is Out There**
12.00 M'T **Mysteries from Above** Documentary.
1.00 AM **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** From Alaska.
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Drain the Oceans**
6.00 **Rob Bell's Engineering Reborn** Documentary.
7.00 **World War II: Secrets from Above**
8.00 **Ben Fogle: New Lives in the Wild** New Zealand.
9.00 **The Princes in the Tower: A Damning Discovery** Exploring a 1483 mystery.
10.30 **The Great Flood of London** Documentary.
12.00 M'T **Wentworth Prison**
1.00 AM **The Dollanganger Saga** *If There Be Thorns.*
2.50 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Cruising with Jane McDonald**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** With Sara Cox and Jimmy Osmond.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Classic Who Wants to Be a Millionaire?** Quiz hosted by Chris Tarrant.
4.00 **Bridge of Lies**
5.00 **The Bidding Room**
6.00 **Tenable** Family and friends from Cheshire take part in the quiz.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** With Russell Kane, Leonie Elliott, Kevin Clifton and Bonnie Langford.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Quiz.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **The Bad Skin Clinic** New edition Faizah's 'herbal' cream leaves her skin red, raw, painfully inflamed and itchy.
10.00 **The Bad Skin Clinic** Mohammed's body is covered with hundreds of tumours, and Dr Emma embarks on three surgeries to remove over 150 from his face. **11.00** Dr Emma gets to the bottom of why Claire is incessantly picking her skin, and Robert finally gets a diagnosis for his painful lumps.
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 6&7/24. (S1)
11.00 **Everybody Loves Raymond** (S8&9)
1.00 PM **Friends** (S8)
8.00 **Friends** 21/24. A bad review upsets Monica. **8.30** 22/24. Chandler falls asleep at Joey's film premiere. (S8)
9.00 **Michael McIntyre's Big Show** With Eric Cantona.
10.00 **8 Out of 10 Cats Uncut**
10.50 **Al Murray: Beautiful British Tour – Live at the O2** Stand-up.
11.50 **Whose Line Is It Anyway? USA**
12.50 AM **South Park** (S10)
1.50 **Russell Howard: Live at the London Palladium**
2.50 **Michael McIntyre's Big Show** As 9.00pm.
3.40 **Dragony Aunts** (S1)
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** 5&6/23. (S8)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S7&8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 6&7/24. (S1)
7.00 **Everybody Loves Raymond** (S8&9)
9.00 **South Park** (S9&14)
12.00 M'T **Mike Judge's Beavis and Butt-Head**
1.00 AM **Ricky Gervais Show**
2.00 **Utopia** 6/8. (S1)
2.30 **Teachers** 10/20. (S2)
3.00 **Reno 911!** (S4)
3.45 **Important Things with Demetri Martin**
4.30 **Spin City** 6&7/24. (S1)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
10.20 **Bread** 4/6. (S1)
10.55 **Steptoe and Son** (S8)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S1)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 2/15. (S3)
2.45 **Minder** 4/13. (S3)
3.50 **Citizen Smith** 7/7. (S4)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.50 **Rising Damp** 6/6. (S4)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 6/11. (S4)
9.00 **Benidorm** 5&6/9. (S2)
9.55 **Shameless** 10/11. (S2)
10.55 **Man About the House**
11.25 **Rising Damp** 5/8. (S2)
12.00 M'T **Benidorm** (S2)
12.55 AM **Shameless** (S2)
1.55 **Kenny Everett Show**
2.30 **Man About the House**
2.55 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
11.00 **Catfish: On the Run**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Next Generation**
8.00 **Teen Mom UK** New edition Amber and Ste have a showdown.
9.00 **True Life Crime UK**
10.00 **Caught in the Act: Unfaithful** New edition
11.00 **Teen Mom Family Reunion** Reality series.
12.00 M'T **Geordie Shore: Big Birthday Battle**
1.00 AM **Geordie Shore**
2.00 **Teen Mom: The Next Chapter** Reality series.
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Diesel Brothers**
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys help the Johnson family, who have no drinking water or food sources.
6.00 **Filthy Fortunes** In New England, the team tackle the largest hoard they have seen in 20 years of business.

10.00 Kindig Customs

7.00 **Wheeler Dealers** Mike and Edd aim to address the years of neglect to a Porsche 912E and make a return on investment.
8.00 **Wheeler Dealers** Mike Brewer and Edd China work on repairing a 1973 Chevrolet Camaro.
9.00 **Wheeler Dealers** Mike and Elvis take a gamble on a TVR Griffith which Elvis has to pick apart before restoring.
10.00 **Kindig Customs** New edition Dave and Kev attend Mecum Auction's biggest event of the year.
11.00 **Expedition Unknown** Josh tracks down the legend and treasure of the outlaws, The Reno Gang.
12.00 M'T **Deadliest Catch**
1.00 AM **Wheeler Dealers**
2.00 **Kindig Customs** As 10.00pm.
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** In California.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A giraffe travels to its new home in the Bronx. **4.00** The geladas have a life-threatening heart condition.
5.00 **Lone Star Law** Game Wardens Ben and Chelsea discover illegal drugs.
6.00 **Dr Jeff: Rocky Mountain Vet** A micro-pig requires surgery.

6.00 Dr Jeff

7.00 **Treehouse Masters: Out on a Limb** Pete and the team build a butterfly-themed treehouse in a cluster of six trees.
8.00 **Preposterous Pets** The story of an obsessive fan of lizards, who changed his name to Henry Lizardlover.
9.00 **Alaska: The Last Frontier** The Kilchers expand a road, while Atz Sr and Bonnie work together to salvage vital resources.
10.00 **Alaskan Bush People** The Brown kids face a big decision as Ami prepares for her cancer treatment in California.
11.00 **In Search of Monsters** How a pilot may have returned home with a secret cargo.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **The Pool Master**
2.00 **Treehouse Masters: Out on a Limb**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **Lost Ships of WW2**
12.00 NOON **Nazi Megastructures**
1.00 PM **Air Crash Investigation**
3.00 **World War II: The Apocalypse**
4.00 **Drain the Oceans** Surprising truths about the Wild West.
5.00 **Ice Road Rescue** Thord takes on a truck driver who refuses to be rescued.
6.00 **Construction Fails** Footage of spectacular mishaps and how they could have been averted.

8.00 Pole to Pole

7.00 **Air Crash Investigation** On its final approach to Islamabad in fog, Airblue Flight 202 slams into the Himalayan foothills.
8.00 **Pole to Pole with Will Smith** New edition The actor explores the Kalahari Desert.
8.45 **Area 51: The CIA's Secret Files** An expose of activity at the Groom Lake Testing Facility.
9.45 **Gladiators: Warriors of the Ancient World** A Pompeii gladiator who survived the games, but not Vesuvius.
10.45 **Air Crash Investigation** A plane that crashed into an apartment complex in the Netherlands.
11.45 **Yukon Rescue**
12.45 AM **Toronto Airport Uncovered** Documentary.
1.45 **Abandoned**
2.15 **Bid & Destroy** Double bill.
3.15 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Rust Valley Restorers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Abyss: Rise & Fall of the Nazis** Documentary.
1.00 PM **The Curse of Oak Island**
2.00 **Tales from Oak Island**
3.00 **Mysteries Unearthed with Danny Trejo** Triple bill of the series, including at: **5.00** A mythical monster that turned out to be real.
6.00 **American Pickers** Evel Knievel's Snake Canyon Jump.

10.00 Forged in Fire

7.00 **Forged in Fire** Four bladesmiths must giddy-up to finish their blade first and become the fastest blade in the West.
8.00 **Britain's Most Historic Towns** Alice Roberts tells the story of the Regency period by studying the history of Cheltenham.
9.00 **The Curse of Oak Island** New edition The team discover a clue that may guide towards the ultimate answers on Oak Island.
10.00 **Forged in Fire** New edition Past champions face off against expert judges in intense challenges.
11.00 **My Paranormal Nightmare** A home reportedly becomes haunted when two sisters open a mysterious box.
12.00 M'T **Mysteries Unearthed with Danny Trejo**
2.50 AM **The Curse of Oak Island**
3.40 **Britain's Most Historic Towns**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Denzel Washington**
8.00 **The Directors**
9.00 **Celtics City**
10.05 **The Jinx Part Two**
11.00 **Ibiza Narcos**
2.00 PM **Rory's 2025**
3.30 **Chernobyl: My Promised Land** Documentary.
4.00 **Discovering: Denzel Washington**
5.00 **The Directors**
6.00 **Celtics City**

8.00 The Wimbledon Kidnapping

7.05 **The Jinx Part Two** 2/6. Robert Durst calls a longtime friend who is keeping his own secret.
8.00 **The Wimbledon Kidnapping** A look back at the mysterious disappearance of Muriel McKay in Wimbledon in 1969, as well as the trial of the first-ever kidnap and ransom case in Britain.
10.00 **The Cheshire Murders** Exploring the murders of the Petit family during a 2007 home invasion in Cheshire, Connecticut.
12.15 AM **Meth Storm** The impact of methamphetamine addiction on a rural Arkansas community.
2.00 NEW **2000 Meters to Andriivka** A Ukrainian platoon attempt to liberate a village from Russian forces.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Denzel Washington**

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** A cancer survivor calls on Angus Ashworth to sell family heirlooms to fund a trip. **9.00** New edition Angus helps a widower sell nautical treasures.
10.00 **The Derbyshire Auction House**
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **Murder in the Heartland**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **How (Not) to Get Rid of a Body** A couple go missing in Eureka, Utah.
10.00 **Cabin in the Woods**
11.00 **Murder on CCTV**
12.00 M'T **R Kelly: A Faking It Special** Documentary.
1.00 AM **Jussie Smollett: A Faking It Special**
2.00 **Murder Comes to Town**
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** A UK gangster is killed in a South London suburb.
8.00 **48 Hours** New edition For three years, Dee Warner, a Michigan mother, was missing and presumed dead.
9.00 **Storm of Suspicion** New edition Suitcases start washing ashore Virginia Beach containing body parts.
10.00 **Fatal Fall: Murder or Accident?** New edition The case of Natalie Harker, who was found dead in North Yorkshire.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Fatal Fall: Murder or Accident?** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction**
4.00 **48 Hours** Heidi Firkus calls 911 after her husband says an intruder is breaking in.
5.00 **Medical Detectives** Insects and a suspicious blonde hair help to track down a killer. **5.30** Investigators believe a blood trail will lead them to a woman. **6.00** The body of a man is found 30 years after he was murdered. **6.30** A young girl's corpse is found and her parents are charged with her murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Highway Cops**
8.00 **Send in the Dogs**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **What the Killer Did Next** Debbie Starbuck.
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 NEW **Charmed by the Devil** Documentary.
10.45 **Police 24/7**
11.50 **Killing Mum and Dad**
12.55 AM **World's Most Evil...**
2.00 **Murders That Shocked...**
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Ultimate Rome: Empire Without Limit**
9.50 **Battlefield America**
10.55 **Hunt for the Oldest DNA** Documentary.
12.00 NOON **Mafia's Greatest Hits** Joe Colombo.
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Ultimate Rome: Empire Without Limit**
2.55 **Battlefield America**
4.00 **Hunt for the Oldest DNA** Documentary.
5.05 **Mafia's Greatest Hits**
6.10 **Ultimate Rome: Empire Without Limit**
7.25 **Battlefield America**
8.30 **Hunt for the Oldest DNA** Documentary.
9.40 **Mafia's Greatest Hits** The story of Joe Colombo.
10.45 **Ultimate Rome: Empire Without Limit**
12.00 M'T **Battlefield America**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Wednesday

Sky Nature

145 113/114 189 354 369

6.00 AM **Arctic Secrets**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Island of the Monsoon**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Wildlife Icons**
6.00 **Island of the Monsoon**
7.00 **Monkey Life** Double bill.
8.00 **Age of the Big Cats** The stories of the puma and the leopard, following their evolution and adaptation across two million years of history.
9.00 **Kenya Wildlife Diaries**
10.00 **Island of the Monsoon**
11.00 **Wildlife Icons**
12.00 M'T **Wildlife ER**
1.00 AM **Arctic Secrets**
2.00 **Age of the Big Cats**
3.00 **Kenya Wildlife Diaries**
4.00 **Africa's Wild Year**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Ultimate Mysteries**
7.00 **Swamp Mysteries with Troy Landry** A legendary treasure.
8.00 **What on Earth?**
9.00 **Secret Wars Uncovered**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Ultimate Mysteries**
5.00 **Swamp Mysteries with Troy Landry** A legendary treasure.
6.00 **What on Earth?**
7.00 **Secret Wars Uncovered**
8.00 **Combat Ships**
9.00 **Secrets in the Ice**
10.00 **Rome: Rise and Fall of an Empire** How Julius Caesar's popularity sparked a civil war.
11.00 **Ancient Aliens**
1.00 AM **Encounter: UFO**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Ancient Superstructures**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Savage Builds**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **In Search of Monsters** A team of researchers seek answers to mysteries surrounding the Mothman. They explore theories that the legendary cryptid is an abnormality in the evolutionary chain. **10.00** Investigations reveal new evidence about the Jersey Devil, a monster that prowls the Pine Barrens of New Jersey.
11.00 **The Alaska Triangle** A cryptozoologist investigates reports of a sea monster in Alaska, reviewing eyewitness accounts and examining never-before-seen video evidence. **12.00** M'T The case of a woman who claims to be under attack from an unseen force.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Killer Britain with Dermot Murnaghan** Double bill.
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **Murder by Medic**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** New edition The disappearance of a Chinese student in 2019.
9.00 **Killer Grannies** New edition A search for a missing man uncovers a dark truth.
10.00 NEW SERIES **Sin City Gigolo: A Murder in Las Vegas** A reality TV star is arrested for murder.
11.20 **Fatal Family Feuds**
12.15 AM **Britain's Darkest Taboos**
1.10 **The First 48**
2.05 **Interrogation Raw**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry, Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **America's National Parks**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Eye of the Leopard**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet** The team give a pig a roadside pedicure.
7.00 **Secrets of the Zoo** Vets rush to save a pregnant warthog's life, staff play cupid with two kangaroos, and the zoo's oldest silverback gorilla turns 34.
8.00 **Madagascar: A World Apart** The wildlife of Madagascar.
9.00 **Thailand's Hidden Wilderness** The wildlife of Thailand's jungles.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Lawless Island**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **Combat Dealers: Reloaded** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Exploring the secret history of the solar system.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Combat Dealers: Reloaded** Bruce Crompton and his team embark on a tour across Europe.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry Cole travels from Split in Croatia to Bosnia.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
10.00 **Brit Cops Down Under**
12.00 NOON **999 Rescue Squad**
1.00 PM **Brit Cops Down Under**
3.00 **999 Rescue Squad**
4.00 **Brit Cops Down Under**
5.00 **Doctor Who**
8.25 **Doctor Who** *Robot – Part One:* 1/20. The Doctor's first adventure in a new form begins as a top-secret scientific project attracts dangerous attention. Stars Tom Baker. **8.55** *Robot – Part Two:* 2/20. As tensions rise around the experiment, the Doctor uncovers plans that could put the entire world at risk. **9.30** *Robot – Part Three:* 3/20. With control slipping away, the threat grows larger and becomes harder to stop. **10.00** *Robot – Part Four:* 4/20. The Doctor must confront the full danger in a high-stakes effort to prevent global catastrophe. (S12)
10.35 PM **to 6.00** AM **Doctor Who**

+1hour 266 376

ID

154 140 166

8.00 AM **Mother, May I Murder?**
9.00 **Who the (Bleep) Did I Marry?**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Who the (Bleep) Did I Marry?** Four editions.
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Killer Unknown**
7.00 **Murder Under the Friday Night Lights** The murder of Pahokee High School's star football player in 2008. **8.00** NFL player and former high-school football star Darrent Williams is shot dead.
9.00 **Road Rage** A rageful driver crashes into a building. **9.30** A boy fights for his life against an enraged motorist.
10.00 **Good Cop, Bad Cop** The daytime shooting of an Ohio man confounds Silverton police.
11.00 **Real Time Crime**
12.00 M'T **Britain's Deadliest Kids**
2.00 AM **Killer Unknown**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
8.00 **Roadworthy Rescues**
9.00 **Kevin Hart's Muscle Car Crew** A visit to the Dockweiler VW Bug show gives Joey some ideas.
10.00 **Sewer Divers** Don dives into a toxic sewer line.
11.00 **Wheeler Dealers**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** An urgent search for new staff is scuppered.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.10 AM **Super Charlie** Family animation. (2025, PG, 82min)
7.40 **Smurfs** (2025, PG) ★★
9.15 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
10.45 **M3GAN 2.0** As 8.00pm.
12.55 PM **Neighborhood Watch**
2.45 **Beast of War** Thriller. (2025, 15, 87min) ★★★★
4.30 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
6.20 **Reckless** Action comedy with Scott Adkins. (2026, 15, 91min)

10.10 The Toxic Avenger

8.00 **M3GAN 2.0** Sci-fi action thriller sequel starring Allison Williams and Violet McGraw. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **The Toxic Avenger** Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
1.45 AM **Neighborhood Watch** Thriller starring Jack Quaid. (2025, 15, 92min) ★★★★
3.25 **Reckless** As 6.20pm.
5.10 **to 7.10** AM **Prisoner of War** Thriller starring Scott Adkins. (2025, 15, 112min) ★★★

Sky Cinema Buddy Films

303 303 403 503 517

6.00 AM **White Chicks** As 4.50am.
8.05 **Semi-Pro** As 3.15am.
9.55 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
11.55 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★
2.05 PM **Sherlock Holmes: A Game of Shadows** (2011, 12) ★★★
4.20 **Police Academy** Comedy. (1984, 15, 95min) ★★★
6.15 **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12, 87min) ★★

9.30 Trading Places

8.00 **Police Academy 3: Back in Training** Comedy sequel starring Steve Guttenberg and Bubba Smith. The academy is threatened with closure. (1986, PG, 82min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 **Trading Places** Comedy starring Dan Aykroyd and Eddie Murphy. A stuffy financier is forced to swap places with a fast-talking hustler. With Don Ameche and Ralph Bellamy. (1983, 15, 116min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★
1.10 AM **The 40-Year-Old Virgin** Comedy starring Steve Carell. (2005, 15, 116min) ★★★★
3.15 **Semi-Pro** Sports comedy. (2008, 15, 87min) ★★
4.50 **to 6.55** AM **White Chicks** Slapstick comedy starring Shawn and Marlon Wayans. (2004, 15, 109min) ★

Sky Cinema Drama

310 310 410 510 524

7.00 AM **Amadeus** Historical drama. (1984, PG, 158min) ★★★★★
9.40 **Nuremberg** As 8.00pm.
12.10 PM **Little Women** Screen version of Louisa May Alcott's classic tale, starring Winona Ryder. (1994, U, 114min) ★★★
2.10 **About Time** Romantic comedy fantasy. (2013, 12, 120min) ★★★
4.15 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
6.00 **Elizabeth: The Golden Age** Historical drama sequel starring Cate Blanchett and Clive Owen. (2007, 12, 114min) ★★★
8.00 **Nuremberg** Thriller with Russell Crowe and Rami Malek. A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. (2025, 15, 148min) ★★★★★
10.35 **Darkest Hour** Period drama starring Gary Oldman, Kristin Scott Thomas and Lily James. (2017, PG, 122min) ★★★
12.40 AM **No Escape** Action thriller starring Owen Wilson. (2014, 15, 101min) ★★★
2.25 **Quartet** As shown at 4.15pm.
4.10 **to 6.25** AM **Valentine's Day** Romantic comedy featuring an all-star cast, including Ashton Kutcher. (2010, 12, 125min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **Companion** As 3.55pm.
8.25 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
10.20 **The Damned** As 12.00m't.
12.00 NOON **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
1.40 PM **Pacific Rim** Sci-fi action adventure with Charlie Hunnam. (2013, 12, 126min) ★★★
3.55 **Companion** Sci-fi horror. (2024, 15, 97min) ★★★★
5.40 **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
8.00 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale and Sam Worthington. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
10.00 **Blade 2** Action horror sequel starring Wesley Snipes. (2002, 18, 117min) ★★★★
12.00 M'T **The Damned** Mystery. (2024, 15, 89min) ★★★★
1.35 AM **Johnny Mnemonic** Futuristic thriller starring Keanu Reeves. (1995, 15, 98min) ★★
3.15 **Pet Sematary** Supernatural thriller. (1989, 18, 103min) ★★★
5.00 **to 6.40** AM **Dark Skies** Paranormal thriller starring Keri Russell. (2013, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

8.10 AM **Grow** Family comedy. (2025, PG, 107min) ★★★★
10.05 **Oliver!** Oscar-winning musical. (1968, U, 146min) ★★★★★
12.35 PM **The BFG** Fantasy. (2016, PG, 117min) ★★★★
2.40 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
4.20 **The Golden Child** Fantasy. (1986, PG, 93min) ★★
6.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★

6.00 Stuart Little

7.35 **Stuart Little 2** Fantasy adventure sequel with the voice of Michael J Fox. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Stardust** Fantasy comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. With Michelle Pfeiffer and Robert De Niro. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **The Tiger Rising** Family drama starring Dennis Quaid. (2022, PG, 102min) ★★★
1.00 AM **Spy Kids 2: Island of Lost Dreams** Action comedy sequel starring Alexa Vega. (2002, U, 100min) ★★★★
2.55 **The Golden Child** (1986)
4.35 **to 6.20** AM **It Takes Two** Family comedy starring Mary-Kate and Ashley Olsen. (1995, U, 97min) ★

Sky Cinema Action

307 307 407 507 521

6.50 AM **Safe House** Thriller. (2025, 15, 90min) ★★★
8.35 **Mortal Kombat** Action fantasy. (1995, 15, 101min) ★★★
10.30 **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★
12.35 PM **Batman Forever** Fantasy. (1995, 12, 121min) ★★★
2.45 **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
5.10 **2012** Epic disaster movie. (2009, 12, 158min) ★★★

5.10 2012

8.00 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Transformers** Sci-fi adventure inspired by the shape-changing toys, starring Shia LaBeouf and Tyrese Gibson. (2007, 12, 144min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **Twister** Disaster movie. (1996, PG, 114min) ★★★
2.50 **Black Hawk Down** Director Ridley Scott's war drama. (2001, 15, 144min) ★★★
5.15 **to 7.35** AM **Fast & Furious Presents Hobbs & Shaw** Adventure starring Dwayne Johnson and Jason Statham. (2019, 12, 137min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.15 AM **Jackass Presents: Bad Grandpa** (2013, 15) ★★★
9.00 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
11.05 **Jackass Presents: Bad Grandpa .5** (2014, 15) ★★
12.35 PM **How to Lose a Guy in 10 Days** Comedy. (2003, 12) ★★★
2.35 **Friendship** (2025, 15) ★★★★
4.25 **50 First Dates** Comedy. (2004, 12, 99min) ★★★
6.10 **Beverly Hills Cop II** Comedy thriller sequel. (1987, 15) ★★★

4.25 50 First Dates

8.00 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Mamma Mia! Here We Go Again** Musical sequel with Amanda Seyfried. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
1.35 AM **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel. (2003, 12) ★
3.10 **Kangaroo Jack** Comedy. (2003, PG, 89min) ★
4.45 **Sky Cinema Preview**
5.30 **to 7.25** AM **The Ballad of Wallis Island** Comedy drama. (2025, 12, 100min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.25 AM **Jericho Ridge** Thriller. (2023, 15, 87min) ★★★
8.00 **Greedy People** Crime comedy. (2024, 15, 113min) ★★★★
10.00 **Red Dragon** (2002, 15) ★★★
12.10 PM **Collateral** Crime thriller. (2004, 15, 120min) ★★★★
2.15 **Speak No Evil** Horror. (2024, 15, 110min) ★★★★
4.15 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
5.55 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★

5.55 Murder by Numbers

8.00 **Trap** Director M Night Shyamalan's thriller starring Josh Hartnett. A serial killer attempts to evade a police blockade while attending a concert with his daughter. With Ariel Donoghue and Saleka Night Shyamalan. (2024, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Godfather Part II** Francis Ford Coppola's epic gangster sequel starring Al Pacino, Robert De Niro, Robert Duvall and Diane Keaton. (1974, 18, 200min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.25 AM **The Bikeriders** Crime drama with Tom Hardy, Jodie Comer and Austin Butler. (2023, 15, 116min) ★★★★
3.30 **Shaft** Crime thriller inspired by the 1970s screen icon, starring Samuel L Jackson. (2000, 18, 99min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Hell and High Water** Thriller with Richard Widmark. (1954, PG, 103min) ★★★
1.10 PM **Sherlock Holmes: Terror by Night** Mystery thriller. (1946, b/w, U, 60min) ★★
2.25 **Broken Lance** Western. (1954, U, 96min) ★★★★
4.20 **Destroyer** War drama. (1943, b/w, U, 99min) ★★
6.25 **Battleship** Sci-fi adventure. (2012, 12, 126min) ★★★

9.00 The Pope's Exorcist

Battleship (film started at 6.25pm) 8 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Pope's Exorcist** Horror starring Russell Crowe. Father Gabriele Amorth, chief exorcist for the Vatican, investigates the possession of a young boy. With Daniel Zovatto, Alex Essoe and Peter DeSouza-Feighoney. (2023, 15, 103min) ★★★ 9 PM
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **3.10 to Yuma** Western remake starring Russell Crowe and Christian Bale. A debt-stricken rancher volunteers to escort a notorious outlaw to justice. With Peter Fonda. (2007, 15, 122min) ★★★★ 10 PM
1.30 **to 3.50** AM **Bros** Romantic comedy starring Billy Eichner and Luke Macfarlane. (2022, 15, 115min) ★★★★ 11 PM

+1 hour 314 430 47 301 257

Sky Cinema Valentines

302 302 402 502 516

7.10 AM **Rurangi** Drama starring Elz Carrad. (2020, 15, 87min) ★★★★
8.45 **Chuck Chuck Baby** As 4.30am.
10.25 **Sex Tape** Comedy with Cameron Diaz. (2014, 15, 94min) ★★
12.10 PM **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
2.15 **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
4.15 **Miss You Already** Comedy drama. (2015, 12, 112min) ★★★

6.15 **A Nice Indian Boy** Romantic comedy starring Karan Soni. (2024, 12, 96min) ★★★
8.00 **Valentine's Day** Ensemble romantic comedy with Ashton Kutcher and Jessica Biel. (2010, 12, 125min) ★★★
10.15 **The Bodyguard** Romantic thriller with Kevin Costner and Whitney Houston. A professional bodyguard falls in love with the superstar singer-actress he has been assigned to protect. (1992, 15, 129min) ★★★

12.30 AM **Miss You Already** (2015)
2.30 **My First Summer** Drama starring Markella Kavenagh. (2020, 15, 80min) ★★★
4.00 **The Cinema List: Jurassic**
4.30 **to 6.15** AM **Chuck Chuck Baby** Drama starring Louise Brealey. (2023, 15, 101min) ★★★★

Sky Cinema Greats

304 304 404 504 518

8.10 AM **Blade Runner** As 4.25pm.
10.10 **The Lawnmower Man** (1992)
12.35 PM **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
2.05 **Waterworld** Sci-fi adventure. (1995, 12, 134min) ★★★
4.25 **Blade Runner** Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
6.25 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★

8.05 **Mad Max 2** Futuristic action thriller sequel starring Mel Gibson as a lone road warrior rescuing a beleaguered community from barbarian bikers. (1981, 18, 95min) ★★★★
9.45 **Mad Max Beyond Thunderdome** Action thriller sequel starring Mel Gibson. The lone hero falls foul of the dictator of a primitive new community. (1985, 15, 107min) ★★★
11.35 **Blade** Action adventure chiller. (1998, 18, 121min) ★★★

1.40 AM **Bram Stoker's Dracula** Francis Ford Coppola's adaptation of the classic novel. (1992, 18, 123min) ★★★
3.50 **Sky Cinema Preview**
4.35 **to 7.00** AM **The Lawnmower Man** Thriller with Pierce Brosnan. (1992, 15, 105min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.35 AM **Pil's Adventures** (2021)
9.15 **Cloudy with a Chance of Meatballs** Animated comedy. (2009, U, 90min) ★★★★
11.00 **Cloudy with a Chance of Meatballs 2** Animated comedy sequel. (2013, U, 93min) ★★★
12.45 PM **Smurfs: The Lost Village**
2.30 **Open Season 2** As 12.20am.
4.00 **The Lego Ninjago Movie** Animation. (2017, U, 101min) ★★

5.50 **Bee Movie** Animated family comedy. (2007, U, 91min) ★★★
7.30 **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
9.05 **Smurfs: The Lost Village** Animated adventure with the voices of Demi Lovato and Julia Roberts. (2017, U, 87min) ★★★
10.45 **Extinct** Animated adventure featuring the voice of Adam Devine. (2021, U, 84min) ★★★
12.20 AM **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★

1.45 **Deep Sea** Animated adventure with the voice of Brian Flaccus. (2023, PG, 112min) ★★★
3.45 **The Lego Ninjago Movie**
5.35 **to 7.25** AM **The Lego Movie** Animated family comedy with the voice of Chris Pratt. (2014, U, 100min) ★★★★★

Movies 24

312 313 419

7.00 AM **Fashionably in Love** Comedy. (2023, PG, 87min) ★★
9.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
11.00 **Haunted Wedding** Fantasy comedy. (2024, PG, 84min) ★★
1.00 PM **Love and Penguins** Comedy. (2022, PG, 90min) ★★
3.00 **Autumn at Apple Hill** Romantic comedy drama. (2024, PG, 84min) ★★

5.00 **The Love Subscription** Romantic comedy drama. (2023, PG, 86min) ★★
7.00 **The Real West** Romantic comedy starring Kimberley Sustad and Lucas Bryant. (2024, PG, 84min) ★★
9.00 **Royal-Ish** Romantic drama starring Nichole Sakura and William Moseley. A woman who plays a princess at an amusement park befriends the real thing, and falls for her older brother. (2025, PG, 84min) ★★

11.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
1.00 AM **Finding Love in Saint Lucia** Drama. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Journey to You** Drama. (2025, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Singing Through** Comedy. (1935, b/w, U, 72min) ★★★
7.05 **A Tale of Five Cities** Drama. (1951, b/w, PG, 86min) ★★★
8.50 **Four Star Theatre** 3/38. (S3)
9.20 **Gallant Journey** Biopic. (1946, b/w, U, 85min) ★★★
11.05 **Look at Life**
11.15 **The Ghost Goes West** Fantasy comedy starring Robert Donat. (1935, b/w, PG, 85min) ★★

12.50 PM **Miranda** Comedy. (1947, b/w, U, 80min) ★★★★
2.25 **The Brothers** 9/16. (S7)
3.30 **Dial 999** 11/39. (S1)
4.00 **The Disappearance of Flight 412** Sci-fi mystery thriller. (1975, U, 72min) ★★★
5.30 **The Trollenberg Terror** Sci-fi horror. (1958, b/w, PG, 84min) ★
7.10 **Look at Life**
7.25 **Scotland Yard** 20/39. (S1)
8.00 **Van der Valk** 2/3. (S5)
10.10 **The Key** World War Two drama. (1958, b/w, 12, 134min) ★★★

12.45 AM **Nights of Cabiria** Federico Fellini's Oscar-winning Italian comedy drama. Subtitled. (1957, b/w, PG, 113min) ★★★★
3.00 **The Return of October** Comedy. (1948, U, 98min) ★★★
4.45 **to 6.00** AM **Naked Fury** Drama. (1959, b/w, U, 64min) ★★

Wednesday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Men's T20 World Cup South Africa v Afghanistan.** Coverage of the Group D match at Narendra Modi Stadium in India.
9.00 **LIVE Men's T20 World Cup Australia v Ireland.** Coverage of the Group B match staged at R Premadasa Stadium in Colombo.
1.00 PM **LIVE Men's T20 World Cup England v West Indies.** The Group C match at Wankhede Stadium. England won when these sides met in the Super Eight stage of the 2024 tournament.
5.00 **The Premier League Show**
7.00 **LIVE SPFL Motherwell v Rangers.** Coverage of the Premiership encounter from Fir Park. Kick-off **8.00pm**.
10.30 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
1.30 AM **LIVE ATP Tennis** Coverage of day three of the ATP Dallas Open from Ford Center in Texas.
5.00 to 6.00 AM **LIVE ICC Men's T20 World Cup Sri Lanka v Oman.** Coverage of the Group B match at Pallekele International Cricket Stadium.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **FNF** Action from Leeds United v Nottingham Forest at Elland Road.
7.30 **Premier League Highlights**
8.30 **SNF** Newcastle United v Brentford at St James' Park.
9.00 **Premier League Highlights** Action from Brighton & Hove Albion v Crystal Palace. **9.30** Liverpool v Manchester City.
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years** Clips from the 2001/02 season.
2.00 PM **PL Retro** Arsenal v Tottenham Hotspur from 2008.
4.00 **Premier League Review**
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** Pre-match reports and news of all tonight's goals as they go in.
10.30 **Premier League Stories** Focusing on Andoni Iraola.
11.00 **Premier League Years** A look back at the 1998/99 season.
1.00 AM **PL Retro** Manchester City v Tottenham Hotspur from 2010.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 00/01**
5.00 to 6.00 AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** Championship play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2010 final.
12.00 NOON **EFL League One Goals**
12.30 PM **EFL League Two Goals**
1.00 **EFL Championship Highlights**
2.00 **Bundesliga Highlights Show**
3.00 **EFL Championship Highlights**
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **EFL Championship Highlights**
5.00 **WSL** Arsenal v Manchester City.
5.30 **EFL Championship Highlights**
7.00 **LIVE SPFL Motherwell v Rangers.** Coverage of the Premiership encounter from Fir Park. The sides shared the spoils in a 1-1 draw when they met here in August, before a goal by Thelo Aasgaard saw Rangers claim a 1-0 win at Ibrox in December. Kick-off **8.00pm**.
10.30 **WSL** Action from Leicester City v Manchester United.
11.00 **EFL Championship Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL** Action from the 2019/20 play-off finals.
3.00 AM **EFL Greatest Games**
4.00 to 6.00 AM **Championship Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Men's T20 World Cup South Africa v Afghanistan.** Coverage of the Group D match at Narendra Modi Stadium in India.
9.00 **LIVE Men's T20 World Cup Australia v Ireland.** Coverage of the Group B match staged at R Premadasa Stadium in Colombo.
1.00 PM **LIVE Men's T20 World Cup England v West Indies.** Coverage of the Group C match staged at Wankhede Stadium in Mumbai. England won when these sides met in the Super Eight stage of the 2024 tournament.
5.00 **Best of ICC WT20**
5.15 **Best of England v South Africa**
5.30 **Best of ICC WT20**
6.00 **Men's T20 World Cup** Action from South Africa v Afghanistan. **6.30** Australia v Ireland.
7.00 **Men's T20 World Cup** A chance to see England v West Indies.
11.00 **Best of ICC WT20**
11.15 **Best of England v South Africa**
11.30 **Men's T20 World Cup**
5.00 to 6.00 AM **LIVE Men's T20 World Cup Sri Lanka v Oman.** Coverage of the Group B match at Pallekele International Cricket Stadium.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Nick Dougherty's Tee Time Tips** Expert advice.
6.30 **School of Golf**
7.30 **LPGA Tour Golf**
9.30 **Ladies European Tour Golf**
10.30 **LIVE Ladies European Tour Golf** Coverage of day one of the PIF Saudi Ladies International staged at Riyadh Golf Club. Jeeno Thitikul was the victorious player here last year, becoming the second successive winner from Thailand after Patty Tavatanakit's triumph at this venue in 2024.
2.30 PM **DP World Tour Golf**
3.00 **Ladies European Tour Golf**
4.00 **LPGA Tour Golf** Highlights.
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** Cape Town Open.
8.00 **Legends Tour Golf**
9.00 **TGL** Atlanta Drive v Jupiter Links.
11.00 **HotelPlanner Tour Golf Highlights** Cape Town Open.
11.30 **PGA Tour: The Cut**
12.00 M'T **LIVE Golf** Coverage of the opening day of the Women's Amateur Asia-Pacific staged at Royal Wellington Golf Club.
3.00 to 6.00 AM **PGA Tour Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League** West Ham United v Manchester United. **7.30** Chelsea v Leeds United. **9.00** A replay of Tottenham Hotspur v Newcastle United. **10.30** Everton v Bournemouth.
12.00 NOON **Premier League** West Ham United v Manchester United. **1.30** PM Chelsea v Leeds United. **3.00** A replay of Tottenham Hotspur v Newcastle United. **4.30** Everton v Bournemouth.
6.00 **TNT Sports Reload**
6.30 **Serie A – Full Impact**
7.00 **LIVE Premier League Sunderland v Liverpool.** Coverage of the top-flight clash from the Stadium of Light. The reverse fixture at Anfield saw the hosts come away with an impressive point. Kick-off **8.15pm**.
11.00 **FA Cup: The People's Story – Sunderland**
11.15 **FA Cup: The People's Story – Liverpool** Documentary.
11.30 **Discovery Golf** The latest news.
12.00 M'T **TNT Sports Reload**
12.30 to 6.30 AM **LIVE LIV Golf** Coverage from the first day of the second round of the season at The Grange Golf Club in Adelaide.

TNT Sports 2

411 414 522 409 431

6.00 AM **Livigno: Beyond the Snow**
7.00 **Winter Olympic Games**
8.00 **Buongiorno Milano**
9.00 **LIVE Winter Olympic Games – Nordic Combined** The individual Gundersen normal hill. **10.00 Freestyle Skiing** Qualifying for women's moguls. **10.45 Alpine Skiing** The men's super-G event in Bormio, Italy. **1.00** PM **Freestyle Skiing** The finals of the women's moguls. **2.30 Biathlon** The women's 15km individual event. **3.15** Coverage of day five in Italy. **4.00 Luge** Women's doubles staged at Cortina Sliding Centre. **4.30** Coverage of day five in Italy. **4.45 Luge** Men's doubles event staged at Cortina Sliding Centre. **5.30** Further coverage of day five. **5.45 Luge** Women's doubles. **6.15 Figure Skating** The mixed ice dancing free program staged at Milano Ice Skating Arena.
10.30 **Ciao Cortina** The latest news.
11.00 **Winter Olympic Games**
2.00 AM **Ciao Cortina**
2.30 **Winter Olympic Games**
4.30 **Ciao Cortina** The latest news.
5.00 to 6.00 AM **Winter Olympics**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Super League**
8.30 **NBA on Fire** The latest news.
9.00 **Super League** Leigh Leopards v Catalans Dragons from 2025.
11.30 **NBA on Fire** The latest news.
12.00 NOON **NFL Highlights** Action from Philadelphia Eagles v San Francisco 49ers.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** New England Patriots v Los Angeles Chargers.
4.00 **Super League Highlights**
5.00 **NFL Highlights** Pittsburgh Steelers v Houston Texans.
6.00 **NBC's Pro-Football Talk**
8.00 **NBA on Fire** The latest news.
8.30 **NBA Basketball** Los Angeles Lakers v Oklahoma City Thunder.
10.30 **NFL Bitesize Highlights** New England Patriots v Los Angeles Chargers at Gillette Stadium in Foxborough, Massachusetts. **10.45** Action from Carolina Panthers v Los Angeles Rams.
11.00 **NFL Highlights** Philadelphia Eagles v Detroit Lions.
12.00 M'T **The Insiders** The latest news covering all 32 NFL teams.
1.00 AM **NFL Highlights**
2.00 **Super League** St Helens v Leeds.
5.00 to 6.00 AM **NFL Bitesize Highlights**

Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with the headline-makers.
7.00 **Sky Sports Breakfast** The latest headlines and reports.
10.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
7.30 PM **LIVE EFL Swindon Town v Newport County.** Coverage of the League Two encounter staged at the County Ground. Swindon striker Ollie Palmer bagged the only goal of the game to give the Robins a 1-0 victory in the reverse fixture at Rodney Parade last October. Kick-off **8.00pm**.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with the headline-makers.
5.00 to 6.00 AM **PGA Tour Golf** Action from the 2023 Waste Management Phoenix Open held at TPC Scottsdale in Arizona.

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
10.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
8.00 PM **LIVE WTA & ATP Tennis** Further coverage of the latest events on the WTA & ATP Tours.
1.30 AM **LIVE ATP Tennis** Coverage of the third day of the ATP Dallas Open from Ford Center at The Star in Frisco, Texas.
5.00 to 6.00 AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Premier League Darts**
11.00 **Super League** St Helens v Hull Kingston Rovers from 2025.
1.45 PM **WSL** Action from Leicester City v Manchester United.
2.15 **PL Greatest Games**
2.30 **2025 F1 Season Review** An in-depth review of the campaign.
4.30 **PL Greatest Games**
5.00 **ATP Tennis** Montpellier Open.
6.00 **Premier League Darts** The first night of the season in Newcastle.
10.00 **ATP Tour This Week**
10.30 **WTA Tennis** The Ostrava Open final staged at Ostravar Aréna. **11.30** The Abu Dhabi Open final.
12.30 AM **PL Greatest Games**
1.00 **Formula 1** Highlights.
3.00 **EFL Greatest Games**
4.00 to 6.00 AM **ATP & WTA Tour**

TNT Sports 3

413 415 523 410 432

6.00 AM **The WRC Magazine**
6.30 **A-League Women Highlights**
7.00 **Isuzu UTE A-League**
10.00 **LIVE Winter Olympic Games – Freestyle Skiing** Qualifying session for the women's moguls. **12.45** PM **Nordic Combined** The individual 10km normal hill.
1.15 **FEI Jumping World Cup**
3.15 **Ultimate Pool** Group six.
4.45 **Discovery Golf** The latest news.
5.15 **LIVE Winter Olympic Games – Speed Skating** Coverage from the men's 1000m event at Milano Speed Skating Stadium.
7.00 **LIVE Premier League Aston Villa v Brighton & Hove Albion.** Coverage of the top-flight encounter staged at Villa Park. Kick-off **7.30pm**.
10.00 **Premier League Stories**
11.30 **Ultimate Pool** Recent action.
1.00 AM **Premier League**
5.30 to 6.00 AM **Premier League Legends**

TNT Sports 4

414 416 524 411 434

6.00 AM **UEFA Champions League**
7.30 **Serie A** Highlights from Italy.
9.30 **LIVE Winter Olympic Games – Snowboarding** Qualifying for the women's snowboard halfpipe.
11.30 **She Who Dares**
12.30 PM **Athletes to Watch**
12.45 **LIVE Winter Olympic Games – Biathlon** The women's 15km.
3.15 **Athletes to Watch**
3.30 **LIVE Winter Olympic Games – Ice Hockey Slovakia v Finland.** From Italy. **6.00 Curling China v Great Britain.** The round robin stage of the men's event.
7.00 **LIVE Premier League Manchester City v Fulham.** The top-flight match from the Etihad Stadium. Kick-off **7.30pm**.
10.00 **Serie A – Full Impact**
11.30 **FA Cup: The People's Story**
12.00 M'T **The WRC Magazine**
12.30 AM **Premier League**
4.00 to 6.00 AM **A-League**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **Eredivisie Highlights**
8.00 **Sporting Greats**
8.30 **Scottish Football Social Club**
9.30 **LaLiga Match Highlights**
10.00 **SPFL** Hearts v Hibernian.
12.00 NOON **Sporting Greats**
1.00 PM **Eredivisie Highlights**
2.00 **Motorsport** Drew Gibson.
3.00 **Sporting Countdowns**
3.30 **Rugby Union Highlights**
5.55 **Women's Football Weekly**
6.25 **Eredivisie Highlights**
7.25 **LaLiga Match Highlights**
7.40 **LIVE German Cup Bayern Munich v RB Leipzig.** Coverage of the quarter-final from Allianz Arena. Kick-off **7.45pm**.
10.30 **LaLiga Match Highlights**
11.00 **SPFL** Hearts v Hibernian.
1.00 AM **Sporting Greats**
2.00 **Eredivisie Highlights**
2.30 **Scottish Football Social Club**
3.30 **LaLiga Match Highlights**
4.00 to 6.00 AM **Rugby Union**

Premier Sports 2

420 552

6.00 AM **Argentine Primera** Another chance to see Racing v Argentinos.
8.00 **Eredivisie** AZ Alkmaar v Ajax.
10.00 **Swedish Hockey League** A chance to see Frolunda v Vaxjo.
12.00 NOON **Football's Greatest**
1.00 PM **Brasileiro Serie A** A replay of Vitoria v Flamengo.
3.00 **Coppa Italia** Napoli v FC Como.
5.00 **Football's Greatest**
5.30 **Coppa Italia** Atalanta v Juventus.
7.30 **LaLiga Match Highlights**
7.55 **LIVE Coppa Italia Bologna v Lazio.** Coverage of the quarter-final staged at Stadio Renato Dall'Ara. Kick-off **8.00pm**.
10.15 **LaLiga Match Highlights** Action from Barcelona v Mallorca.
10.30 **Football's Greatest**
11.00 **German Cup** A chance to see Bayern Munich v RB Leipzig.
1.00 AM **Football's Greatest**
1.30 **Eredivisie** FC Utrecht v Feyenoord.
3.30 **Coppa Italia** Bologna v Lazio.
5.30 to 6.00 AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **The Best of F1 2025**
8.00 **Formula 1** Abu Dhabi Grand Prix.
9.30 **2025 F1 Season Review**
11.30 **Formula 1** Abu Dhabi Grand Prix.
1.00 PM **2025 F1 Season Review**
3.00 **LIVE Formula 1** Coverage of the second session of the first day of pre-season testing staged at Bahrain International Circuit.
4.00 **The Story of the 2025 Season**
4.10 **Oscar Piastri's Career**
4.20 **Lando Norris's Career**
4.30 **Formula 1** Highlights.
8.00 **Testing Wrap** A review.
8.30 **Ted's Notebook**
9.00 **Formula 1** Action from Bahrain.
10.00 **Testing Wrap** A review.
10.30 **Ted's Notebook**
11.00 **Formula 1** Action from Bahrain.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

12 February

Evening Planner

Winter Sports

Winter Olympics
BBC1/2, TNT Sports, Discovery+, from 9am
Team GB medal hope Matt Weston takes to the track at Cortina Sliding Centre for the heats of the men's skeleton.

Football

Premier League
TNT Sports 1, k-o 8pm
Brentford's Igor Thiago will be aiming to steal the points from title contenders Arsenal in tonight's London derby.

Documentary

Becoming Victoria Wood
U&Gold, 9pm
Almost 10 years after we lost the comedy legend, friends, loved ones and co-stars of Wood pay tribute, in this one-off.

OnDemand

NETFLIX

How to Get to Heaven from Belfast
Available today
Comedy drama from the creator of *Derry Girls*. Stars *Unforgotten*'s Sinéad Keenan.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	
	102 BBC2	◂ 5.15 Winter Olympics – Live: The concluding coverage of day six						10.00 Apprentice...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Tonight †	8.00 Emmerdale	8.30 Coronation...	9.00 Grantchester		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Building Home		9.00 Michael Jackson: The Trial		10.00 Not Welcome: The Battle to Stop the...	
	105 5	7.00 The Railway Map of Britain		8.00 Spain with Michael Portillo		9.00 Ben Fogle: New Lives in the Wild		10.00 How To Kill Your Boss: A Killer...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 Rob & Romesh vs Fashion		9.00 Film: The Dry			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Robbie Savage: Making Macclesfield FC		10.00 Robbie Savage: Managing...	
	116 BBC4	7.00 Great British...	7.30 Coastal Path	8.00 Hurricanes and Heatwaves: The Highs...		9.00 Film: Deliverance			
	118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Piglets	10.35 Family Guy
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 The Dog House		9.00 The Antiques Riviera		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates: Be My Valentine		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent		9.00 FBI		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.50 Game of Thrones				9.00 The Last of Us		10.05 A Knight of the Seven Kingdoms	
	110 U&GOLD	7.00 Porridge	7.40 Dad's Army		8.20 dinnerladies	9.00 Becoming Victoria Wood			
	111 U&DAVE	7.05 Would I Lie to You?...	7.45 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	◂ 6.55 River Monsters	7.30 American Pickers		8.30 The Motorbike Show		9.30 Ice Road Truckers		10.20 Film: Shaun of the...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Hancock			
	152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			10.10 The Leftovers
	113 SKY MAX	7.00 Stargate SG-1		8.00 Never Mind the Buzzcocks		9.00 Evil		10.00 A League of Their Own	
	109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 Shakespeare & Hathaway		10.00 Annika	
	124 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Discovering: Diane Keaton		9.00 Film: The Barefoot Contessa			
	132 U&W	7.00 Pete Wicks: For Dogs' Sake				9.00 Louis Theroux – The Most Hated...		10.00 Louis Theroux: Transgender Kids	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers				9.00 Ed Stafford: Man Woman Child Wild		10.00 In the Eye of the Storm	
	162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 Richard E Grant's Seven Deadly Sins		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Top Guns: The Next Generation	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Viking Dead		9.00 Ice Road Truckers		10.00 Mountain Men	
	155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 Bangers & Cash		9.00 Bangers & Cash: Restoring Classics		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Spitfire				9.00 2000 Meters to Andriivka			
FILMS - Sky Cinema	301 PREMIERE	◂ 6.25 The Naked Gun		8.00 M3GAN 2.0					10.10 Reckless
	302 VALENTINES	◂ 6.15 The Wedding Singer		8.00 Mamma Mia!				10.00 Mamma Mia! Here We Go Again	
	303 BUDDY FILMS	◂ 6.00 The 40-Year-Old Virgin		8.00 The Hangover				9.55 The Hangover Part II	
	304 GREATS	◂ 5.50 Cool Hand Luke		8.00 Little Women				10.00 Jerry Maguire	
	305 ANIMATION	◂ 5.45 The Lego Movie	7.35 Transformers One				9.35 The Garfield Movie		
	306 FAMILY	◂ 6.00 A Minecraft Movie	7.50 IF				9.40 The Witches		
	307 ACTION	◂ 5.30 Transformers		8.00 Transformers: Revenge of the Fallen					10.35 Batman...
	308 COMEDY	◂ 6.15 Beverly Hills Cop 3		8.00 Alfie				9.55 So I Married an Axe Murderer	
	309 THRILLER	◂ 5.40 Vanilla Sky		8.00 The Equalizer					10.15 The Equalizer 2
	310 DRAMA	◂ 6.00 The Post		8.00 The Holiday					10.20 The Blind Side
	311 SCI-FI	◂ 6.00 The Chronicles of Riddick		8.00 Arrival					10.10 Terminator Salvation
	313 FILM4	◂ 6.45 Fisherman's Friends				9.00 The Other Woman			
SPORT	401 MAIN EVENT	◂ 6.00 Premier League Darts – Live: Coverage of the second night of the tournament at AFAS Dome in Antwerp, Belgium						10.00 PGA Tour Golf – Live	
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Transfer 360		9.00 Big Interview	9.30 PL Stories	10.00 Transfer 360	
	403 FOOTBALL	7.00 EFL Goals		8.00 SPFL Round-Up	8.30 EFL Highlights			10.00 Bundesliga...	10.30 EFL Goals
	405 CRICKET	7.00 ICC Men's T20...	7.30 The Story of the ICC Men's T20 World...		8.30 ICC Men's T20 World Cup				
	410 TNT SPORTS 1	7.00 Premier League – Live: Brentford v Arsenal (Kick-off 8.00)							10.30 PL Big Interview
	411 TNT SPORTS 2	◂ 6.00 Winter Olympic Games – Live: Coverage of Curling featuring China v Great Britain				9.00 Winter Olympic Games – Live: Coverage of Ice Hockey featuring Latvia v USA			

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
8.00 LIVE **Winter Olympics** Hazel Irvine presents the opening coverage of events on day six from Italy. The men's skeleton gets under way with the first two heats at Cortina Sliding Centre. *Coverage continues on BBC2.* (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Winter Olympics** Jeanette Kwakye presents further coverage of day six from Italy. The round-robin men's curling match between Great Britain and Sweden reaches a conclusion. *Coverage continues on BBC2.* (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 The Apprentice

7.00 **The One Show** Roman Kemp and Alex Jones present the topical show. (S)

7 PM

7.30 **EastEnders** Kat is desperate to receive some answers, and Bea meddles in a situation. (S)(AD)

8 PM

8.00 **Dragons' Den** New edition 3/14. Beauty empire founder Susie Ma joins the Dragons to hear pitches for a money-saving app, home-baking kits, an AI-powered cat flap and a fresh take on composting toilets. (S)(AD)

9 PM

9.00 **The Apprentice** New edition 3/12. Lord Sugar tasks the candidates with turning ingredients into profit under the watchful eye of Karren Brady and Tim Campbell. (S)(AD)
■ *The Apprentice: Unfinished Business* follows on BBC2

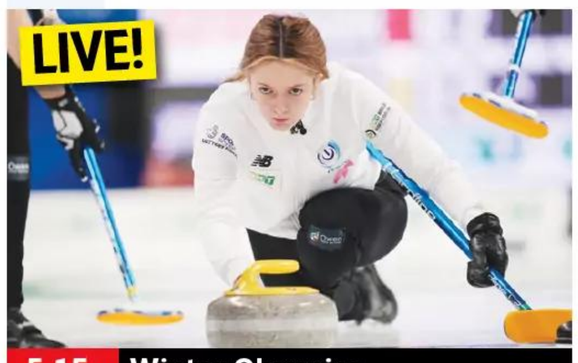
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Bristol to answer questions from an invited audience on subjects that have made the headlines in the past week. (S)
11.40 **Newscast** Light-hearted discussion on the week's political events. (S)
12.10 AM **Michael McIntyre's Big Show** 4/6. The comedian breaks into Jonathan Ross's bedroom for the Midnight Gameshow. (S)(R)
1.10 **Would I Lie to You?** With Lucy Beaumont, Eddie Kadi, Josh Pugh and Rebecca Lucy Taylor. (S)(R)
1.40 **Weather for the Week Ahead** (S)
1.45 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Pointless** Quiz show. (S)(R)
7.00 **Sign Zone: Digging for Britain** A team look for clues to the origin of St Michael's Mount. (S)(R)(AD)
8.00 **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Dr Xand's Con or Cure** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)
1.00 LIVE **Winter Olympics** Jeanette Kwakye presents further coverage of day six, including Great Britain v Sweden in men's curling at Cortina Curling Olympic Stadium. *Coverage continues on BBC1.* (S)
2.00 **Politics Live** (S)
2.45 **Unbeatable** Quiz show. (S)(R)
3.30 **Escape to the Country** (S)(R)(AD)
4.30 **Flog It!** Mark Stacey and Michael Baggott assess items brought into Newby Hall, North Yorkshire. (S)(R)



5.15 Winter Olympics

5.15 LIVE **Winter Olympics** Clare Balding presents the concluding coverage of day six of the 25th staging of the Games, with events taking place in Cortina d'Ampezzo and Milan, Italy. Great Britain's women curlers start the defence of their Olympic title against China at Cortina Curling Olympic Stadium. It is a new-look British team led by debutante Rebecca Morrison, with only Jennifer Dodds remaining from the victorious 2022 team. Elsewhere, American snowboarder Chloe Kim aims for a third consecutive Olympic title in the women's half-pipe. There are also finals in short-track skating at Milano Ice Skating Arena in the women's 500m and men's 1,000m, and medals are up for grabs in the luge team relay at Cortina Sliding Centre. (S)

10.00 **The Apprentice: Unfinished Business** New edition 3/11. Angela Scanlon chats to the latest candidate to be fired. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Mystery Road: Origin** Series finale 6/6. Trying to prevent vengeance for past crimes puts Jay in the line of fire. (S2) (S)
11.55 FILM **Free Solo** Documentary following Alex Honnold on his quest to make the first ascent of El Capitan without ropes or safety gear. (S)(AD) (2018, 12, 100min) ★★★★
1.35 AM **Sign Zone: Gladiators** (S)(R)
2.35 **Sign Zone: Call the Midwife** (S)(R)
3.35 **Sign Zone: Lover, Liar, Predator**
5.00 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Cirencester, where a miniature bookcase might make a big return for a dog charity. (S)(R)(AD)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Deal or No Deal** New edition Stephen Mulhern hosts as Conal takes on the Banker for the chance to win a life-changing prize. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

9.00 Grantchester

7.30 **Tonight: New Build Nightmares** Reporter Tom Barton reveals planning breaches on estates around the country, and speaks to homeowners who have experienced devastating flooding. (S)
8.00 **Emmerdale** Victoria is left mortified, Paddy tries to coach Bear, and Cain warns Joe to stay away. (S)(AD)
8.30 **Coronation Street** George is threatened with legal action, while Todd bites back at Jake's teasing. (S)(AD)
9.00 **Grantchester** New episode 7/8. Cathy and Mrs Chapman's new business venture hits a serious obstacle, and Geordie tries to intervene in Alphy's personal life without him knowing. (S10) (S)(AD)
■ Entire series on ITVX
10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 FILM **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg and Tony Goldwyn. (S)(AD) (1990, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.50 AM **Teleshopping**
3.00 **Jimmy & Shivi's Farmhouse Breakfast** Jimmy Doherty and Shivi Ramoutar are joined by Blue's Antony Costa for cooking, chat and craft. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.25 AM **Cheers** 16-18/26. (S8) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 21-24/24. (S1) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition A couple in Romania hope their local food business can boost tourism and also herald their retirement. (S)
5.00 **Chateau DIY: Win the Dream** New edition Emotions run high as the reading room challenge reaches a conclusion. (S)(AD)
6.00 **A Place in the Sun** New edition Laura Hamilton helps a couple find a property in Rethymno, Crete. (S)

9.00 Michael Jackson: The Trial

7.00 **News** (S)
8.00 **George Clarke's Building Home** New edition 2/4. On Anglesey, Tina, Steve and their teenage daughter plan to create a magnificent home of steel, glass and stone on a stunning, windswept plot. (S)(AD)
9.00 **Michael Jackson: The Trial** Series finale 4/4. The defence calls some devastatingly effective witnesses. Mass hysteria breaks out when the trial comes to an end and Michael Jackson is found not guilty. (S)(AD)
■ Entire series on C4 Streaming
10.00 NEW **Not Welcome: The Battle to Stop the Boats** One-off documentary about the politically charged issue of small boat crossings across the English Channel. (S)(AD)
11.35 **24 Hours in A&E** A 45-year-old woman is rushed in following an accident at a fun run. (S)(R)
12.35 AM **Lake District Rescue** (S)(R)
1.30 **Ramsay's Kitchen Nightmares USA** From New York. (S)(SL)(R)
2.20 FILM **Woman at War** Icelandic comedy drama. Partly subtitled. (S) (2018, 12, 100min) ★★★★
4.00 **Location, Location, Location** (R)
4.55 **Couples Come Dine with Me** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** *Lisbon:* 2/8. The husband of a crime writer is killed. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition At the animal rescue centre, Colin puts potential volunteers through their paces. (S)
5.00 **News** (S)
6.00 **Love Nature** New edition 9/10. The Cornish Seal Sanctuary. (S)
6.05 **The Motorway** The M62 is brought to a standstill by a four-car collision. (S)(R)
6.55 **News** (S)

8.00 Spain with Michael Portillo

7.00 **The Railway Map of Britain** How the invention of the railway changed the world, and the lives of engineers such as Stephenson, Telford and Brunel. (S)(R)
7.55 **News** (S)
8.00 **Spain with Michael Portillo** New edition 6/8. Michael journeys through Andalucía to uncover Almería, an often-overlooked city which was once central to Spain's film industry. (S)
9.00 **Ben Fogle: New Lives in the Wild** New edition Ben heads to the island of Tenerife to visit a young couple whose ambition to rescue horses created a very different wild sanctuary. (S)
10.00 **How To Kill Your Boss: A Killer Makes A Call** The story of David Browning, who confessed to killing his boss, but claimed he was not guilty of murder, on the grounds of diminished responsibility. (S)(R)
11.05 NEW SERIES **The Limbs in the Loch: Killer on the Run** The death of Barry Wallace. (S)
12.05 AM **My Lover, My Killer** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S2&3) (S)(R)(AD)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S7) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **A League of Their Own** (R)
2.00 **S.W.A.T.** 17/18. (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *Saturdays of Thunder:* Homer attempts to be a better father. (S)(R)
5.30 **The Office (US)** 3/25. Michael lands himself in trouble when he declares it is Movie Monday, leaving Jan unimpressed. (S)(R) **6.00** 4/25. Michael tries to give the staff grief counselling. (S)(R) **6.30** 5/25. Dwight takes Ryan out on a call, and Jim struggles at his new branch. (S3) (S)(R)

9.00 The Dry

7.00 **The Simpsons** *Old Money:* Grampa inherits $100,000 from a woman he fell in love with. (S)(R) **7.30** *The Blue and the Grey:* Homer becomes Moe's 'wing man' in a bid to boost his friend's ailing love life. (S)(R)
8.00 **Rob & Romesh vs Fashion** Rob Beckett and Romesh Ranganathan examine the world of fashion and meet model David Gandy, before heading to New York City to try to get a job on the catwalk. (S)(R)(AD)
9.00 FILM **The Dry** Crime drama starring Eric Bana and Genevieve O'Reilly. A federal agent returns to his drought-stricken home town after an absence of more than 20 years to attend the funeral of his childhood friend. But his arrival opens up a decades-old wound – the unsolved death of a teenage girl. With Keir O'Donnell, Julia Blake and Bruce Spence. (S)(AD) (2020, 15, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.10 **The Pacific** 5/10. Sledge has a harrowing introduction to combat when he participates in the assault on Peleliu. (S)(R) **12.10** AM 6/10. The Marines engage in a brutal battle. (S)(R) **1.10** 7/10. The conflict takes its toll on Sledge. (S1) (S)(R)
2.10 **Road Wars** (R)
3.00 **S.W.A.T.** 17/18. (S4) (S)(R)(AD)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
12.10am Scotcast (S)(R) **12.40** Michael McIntyre's Big Show (S)(R) **1.40** Would I Lie to You? (S)(R) **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Privileged New episode (S) **10.55** Question Time (S) **11.55** Newscast (S) **12.25am** Michael McIntyre's Big Show (S)(R) **1.25** Would I Lie to You? (S)(R) **1.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
12.10am The Traitors Ireland (S) **1.00** Would I Lie to You? (S)(R) **1.30-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
11.00pm Scrum V: The Warm Up (S) **11.30-11.55pm** The North York Moors: A Wild Year (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Y Byd ar Bedwar **1.30** Y Deis **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Taith Bywyd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Stiwdio24/7 **6.30** Ciao! Colleen Ag Owain (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Jonathan New edition **10.00** Amour & Mynydd **11.00pm-12.05am** Cynefin

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall joins Terry Nutkins to learn how dangerous the otter is. **7.30** Steve and the team spot a wolverine and Arctic foxes in Alaska.
8.00 **Top Gear** Jeremy Clarkson compares BMW's M4 with its hybrid-powered i8 model.
9.00 **Robbie Savage: Making Macclesfield FC** 1/2. After Macclesfield Town Football Club is wound up in 2020, Robbie Savage and Rob Smethurst attempt to build a new club from the ashes. **10.00** 2/2. Following the former midfielder as he takes up a management role.
11.00 **Tell Me Lies** 4/10. Bree attempts to lose her virginity. **11.55** 5/10. Lucy and Stephen deal with family tension when they return home for winter break. (S1)
12.45 AM **Dinosaur** 1&2/6. (S2)
1.40 **Top Gear** As 8.00pm.
2.40 **Zen Motoring**
2.50 **to 3.50** AM **Dating Apps: The Inside Story**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Great British Railway Journeys** Michael discovers how the iconic London taxi is built in Coventry.
7.30 **Coastal Path** Paul Rose visits the Jurassic Coast.
8.00 **Hurricanes and Heatwaves: The Highs and Lows of British Weather** The evolution of the weather forecast.
9.00 FILM **Deliverance** Action thriller about a group of city-dwellers whose weekend trip into the Appalachians turns into a violent nightmare. Stars Jon Voight and Burt Reynolds. (1972, 18, 104min) ★★★★★
10.45 FILM **Emily** Drama starring Emma Mackey and Oliver Jackson-Cohen. (2022, 15, 130min) ★★★★
12.50 AM **Hurricanes and Heatwaves: The Highs and Lows of British Weather**
1.45 **Great British Railway Journeys** As 7.00pm.
2.15 **Coastal Path** As 7.30pm.
2.45 **to 3.45** AM **Castles: Britain's Fortified History**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** A couple seek a property on the Costa Calida in Spain.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw travel to Kent to restore a very tired 1991 VW T4 Campervan. **6.55** Tim and Fuzz attempt to get to grips with a 1971 Lamborghini Espada.
7.55 **The Dog House** Two teenage brothers need a peacekeeper, but are sceptical that Maggie, a cute Chihuahua cross, has quite the 'look' they are after.
9.00 NEW SERIES **The Antiques Riviera** 1/6. Documentary following people working in the antiques business along the Devon coastline. Novelist Kate is hoping to sell her antiques to bankroll a research trip to India.
10.00 **24 Hours in A&E** Cameras follow a 47-year-old man who is airlifted to St George's with critical injuries to his arm and leg after being knocked off his motorbike.
11.05 **999: On the Front Line**
12.10 AM **The Antiques Riviera**
1.15 **24 Hours in A&E**
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **The Simpsons** *The Last Man Expanding:* Everyone in Springfield gets hooked on a miracle weight-loss drug – except Homer. **7.30** *Halloween of Horror:* Lisa is traumatised at Krustyland Horror Night.
8.00 **First Dates: Be My Valentine** TikTok content creator Holly enters the restaurant looking for love.
9.00 **Gogglebox** *The Outlaws, Family Fortunes* and *The Mating Game* are appraised.
10.00 **Gogglebox** Views on *Sitting on a Fortune* and *Close to Me.*
11.05 **Dating Naked UK**
12.05 AM **Naked Attraction**
1.05 **First Dates: Be My Valentine** As 8.00pm.
2.10 **Gogglebox**
3.00 **Naked Attraction**
3.55 **The Goldbergs**
4.45 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 13/22. The team investigate a string of armed robberies. (S5)
1.00 PM **The Rookie** 5-7/18. Triple bill of episodes. (S7)
4.00 **Law & Order: Criminal Intent** 18/22. A woman's body is discovered. (S1)
5.00 **Nothing to Declare**

9.00 FBI

7 PM
7.00 **Police 24/7** An intoxicated man gets boxed in by police as he tries to drive away.

8 PM
8.00 **Law & Order: Criminal Intent** *Passion:* 12/16. A poet's girlfriend is found murdered. (S8)

9 PM
9.00 **FBI** New episode *Captured:* 2/22. Artworks from a high-profile international cultural exchange are stolen. (S8)

10 PM
10.00 **Law & Order: Special Victims Unit** *Carousel:* 6/13. The team search for a suspect targeting tourists in hostels. (S25)
11.00 **The Rookie** 15/22. (S4)
12.00 M'T **FBI** 12/22. (S5)
1.00 AM **Law & Order: Criminal Intent** 4/16. (S8)
2.00 **The Rookie** 8/18. (S7)
3.00 **Road Wars** Double bill.
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
8.00 **Boardwalk Empire** 8/8. (S5)
9.05 **True Blood** 1/12. (S1)
10.10 **The Sopranos** 5&6/13. (S5)
12.20 PM **Game of Thrones** (S6)
2.30 **The Wire** 5/10. McNulty leaks further details about the serial killer to the press. **3.35** 6/10. Marlo assumes control of the co-op. (S5)
4.40 **Westworld** 1/8. (S4)
5.45 **Deadwood** As 10.45pm.
6.50 **Game of Thrones** 7/10. Jaime confronts a hero, and Arya makes a plan. (S6)

10.45 Deadwood

7.55 **Game of Thrones** *No One:* 8/10. As Jaime weighs up his options, Cersei answers a request, and Tyrion's plans bear fruit. Stars Lena Headey and Peter Dinklage. (S6)

9.00 **The Last of Us** *Day One:* 4/7. Ellie and Dina find themselves amid a battle between the Seraphites and a ruthless militia. (S2)

10.05 **A Knight of the Seven Kingdoms** *Seven:* 4/6. Dunk requests a trial by combat. (S1)
10.45 **Deadwood** *A Two-Headed Beast:* 5/12. Alma reverts to her old ways. (S3)
11.50 **The Sopranos** 5&6/13. (S5)
2.00 AM **Under Salt Marsh** New episode 4/6.. (S1)
3.00 **Game of Thrones** (S6)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S10)
8.00 **The Flash** 8/13. (S9)
9.00 **Stargate SG-1** 21/22. (S7)
10.00 **Rob Beckett's Smart TV**
11.00 **Karl Pilkington: The Moaning of Life**
12.00 NOON **The Flash** 9/13. (S9)
1.00 PM **Hold the Front Page**
2.00 **Rob Beckett's Smart TV**
3.00 **S.W.A.T.** 17/18. (S4)
4.00 **A League of Their Own Road Trip: Dingle to Dover**
5.00 **Karl Pilkington: The Moaning of Life**
6.00 **Stargate SG-1** 21/22. (S7)

9.00 Evil

7.00 **Stargate SG-1** *Lost City – Part Two:* 22/22. Anubis launches an attack on Earth. (S7)

8.00 **Never Mind the Buzzcocks** With guests Perrie Edwards, Bradley Simpson, Duncan James and Sam Campbell.

9.00 **Evil** *Room 320:* 11/13. David is determined to fight off the menacing presence of death from his hospital bed. (S1)

10.00 **A League of Their Own** Footballer Ollie Watkins and comedians Kevin Bridges and Maisie Adam join the regulars.
11.00 **Fear the Walking Dead** 14/16. Alicia encounters a potential ally, Ofelia fights for survival, and Nick uses his skill set for profit. (S3)
12.00 M'T **Stargate SG-1** As 7pm.
1.00 AM **The Force: North East**
2.00 **Road Wars**
3.00 **S.W.A.T.** 17/18. (S4)
4.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.30 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date** Double bill.
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Piglets

7.00 **Deal or No Deal** Stephen Mulhern hosts as Sonia takes on the banker for the chance to win a life-changing cash prize.

8.00 **The Real Housewives of Orange County** New edition Katie believes she was set up and pleads her case to Jenn.

9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.

10.05 **Piglets** New episode 5/6. Afia takes a new approach to Jasim. (S2)
10.35 **Family Guy** 11/20. Peter is hired as the White House press secretary. (S17)
11.05 **Family Guy** 5/20. Lois receives a surprising birthday present from her father. (S17)
11.35 **American Dad!** 9&6/20. (S14)
12.35 AM **Bob's Burgers** (S13)
1.35 **Deal or No Deal** As 7.00pm.
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.35 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *Elise:* Hilda Pierce is targeted by an assassin in the last-ever episode.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *One Small Step:* Geoff and Phil find two men acting suspiciously. Guest stars Jonny Phillips.

8.00 Vera

6.55 **Heartbeat** *Troubled Waters:* Bernie becomes the target of a predatory widow, and Carol struggles to control her guilt.

8.00 **Vera** *Broken Promise:* The detective investigates when a student falls to his death in mysterious circumstances, so Vera turns to friends and family to glean all she can about the dead man.

10.00 **Endeavour** *Game:* The detective throws himself into work by investigating the death of a scientist from a team working on an early computer.
11.50 **Trial & Retribution** 10/10. The team struggle to find holes in the Delany brothers' alibi when CCTV footage backs up their story. (S10)
1.30 AM **On the Buses**
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

11.00 AM **First Minister's Questions**
12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix** New edition Culture and arts news presented by Michelle McManus.
8.00 **Scotland's Sacred Islands with Ben Fogle** How Arran and Holy Isle are havens for diverse faiths and beliefs.
9.00 **Dinosaur** New episodes 3/6. Lee invites Nina to an open mic night. **9.30** 4/6. Nina tries to make up for a drunken mistake. (S2)
10.00 **Scotland Stands Up** Stuart Mitchell hosts a night of comedy.
10.30 **Martin Compston's Scottish Fling** From St Andrews to Aberdeen.
11.00 **Scotcast** Topical debate.
11.30 PM **to 12.00** M'T **Icons of Football** Rose Reilly.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Ballers** 5&6/10. (S3)
10.15 **Sex and the City** (S2)
11.25 **Entourage** (S3)
12.30 PM **Will & Grace** (S5)
1.30 **Sex and the City** (S2)
2.40 **Ballers** 7&8/10. (S3)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S3)
5.45 **Will & Grace** (S5)
6.45 **Community** (S6)
7.55 **Sex and the City** 17/18. Samantha's former assistant throws a party. **8.25** 18/18. Big announces his engagement. (S2)
9.00 **Josh Widdicombe: Bit Much...** Stand-up show.
10.10 **And Just Like That...** *A Hundred Years Ago:* 8/11. Carrie prepares to meet Aidan's sons. (S2)
10.55 **Community** (S6)
12.05 AM **Entourage** (S3)
1.10 **Ballers** 7&8/10. (S3)
2.20 **Curb Your Enthusiasm**
3.50 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Dance On!**
7.15 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Painting Birds with Jim and Nancy Moir**
3.00 **Classic Literature & Cinema** Crime novels.
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** HMS *Wellington.*
8.00 **Discovering**
9.00 **FILM** **The Barefoot Contessa** Drama. (1954, PG, 127min) ★★★
11.30 **The Directors**
12.30 AM **I Am Steve McQueen**
2.15 **Sky Arts Book Club**
3.15 **Landmark**
4.15 **Inside Art**
4.45 **to 6.00** AM **National Trust: Garden Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** *Dark Page:* 7/26. Sci-fi drama. (S7)
8.00 **Primeval** 1/6. (S1)
9.00 **World's Most Evil Killers** The crimes of serial killer Randy Kraft.
10.00 **Killer in My Village**
11.00 **Grimm** 12/22. (S5)
12.00 M'T **Wynonna Earp** (S4)
1.00 AM **Night Cops**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Beat the Chasers**
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Dennis takes on the banker for the chance to win a life-changing cash prize.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Ant & Dec's Limitless Win** Engaged couple Zanesh and Melike continue their game, then father-and-son team David and Mark take on the ladder.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show hosted by Warwick Davis.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
6.00 **Location, Location, Location** In London.
7.00 **Kirstie and Phil's Love It or List It**
8.00 **Jamie's Feasts for a Fiver** Patricia Chung makes fish noodle soup.
9.00 **999: What Happened Next** Documentary.
10.00 **First Dates: Be My Valentine** Former *Gogglebox* star Daniel meets paramedic Simon.
11.05 **Joe Lycett: More, More, More! How Do You Lycett? How Do You Lycett?** Stand-up.
12.05 AM **Gogglebox**
2.15 **FILM** **The 355** Thriller. (2022, 12, 122min) ★★★
4.30 **to 5.00** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Snooker v Darts**
6.05 **The Big Match Revisited**
8.40 **Fishing Allstars**
9.10 **Magnum, PI**
10.10 **Kojak**
11.15 **The Sweeney**
12.20 PM **Dempsey and Makepeace** *The Squeeze.*
1.25 **Magnum, PI**
2.30 **Kojak**
3.35 **Boon**
4.40 **The Sweeney** *Hit and Run.*
5.50 **Minder** *You Need Hands:* Arthur's stand-in sidekick gets him mixed up in a heroin deal.

10.20 Shaun of the Dead

6.55 **River Monsters** Jeremy Wade investigates the Loch Ness Monster.
7.30 **American Pickers** Mike Wolfe and Frank Fritz meet a racing driver and inspect his collection of motoring memorabilia.
8.30 **The Motorbike Show** Henry Cole discovers the joys of Portugal's roads on a visit to the Algarve.
9.30 **Ice Road Truckers** A breakdown hampers Alex Debogorski's efforts to pull ahead of Hugh Rowland.
10.20 FILM **Shaun of the Dead** British horror comedy starring Simon Pegg, Kate Ashfield, Nick Frost and Lucy Davis. (2004, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.10 AM **Ligue 1 Highlights**
12.45 **Berlin Station** 6/9. (S2)
1.40 **Minder** As 5.50pm.
2.40 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 24/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 25/26. (S5)
2.00 **The Ark** 5&6/12. (S2)
4.00 **Stargate SG-1** 13/22. (S2)
5.00 **Star Trek: Voyager** (S2)
6.00 **Star Trek: The Next Generation** 24/26. A bizarre accident causes Geordi and Ro to become undetectable to everyone but each other. (S5)

9.00 Westworld

7.00 **Star Trek: Deep Space Nine** *In the Cards:* 25/26. Jake and Nog's innocent quest to lift Sisko's spirits goes badly wrong. (S5)
8.00 **Stargate SG-1** *Spirits:* 13/22. Plans to mine a planet populated by Coast Salish Indians are foiled by mysterious spirits. (S2)
9.00 **Westworld** *The Well-Tempered Clavier:* 9/10. Maeve makes a proposition to the outlaw Hector. (S1)
10.10 **The Leftovers** *The Garveys at Their Best:* 9/10. The drama rewinds to the days leading up to the Departure. (S1)
11.10 **Wynonna Earp** 4/12. The gang find a clue that sheds light on Nicole's past. (S3)
12.00 M'T **True Blood** 1/12. Sookie reluctantly asks Eric for help. **1.00** AM 2/12. Sam spends time with his birth family. (S3)
2.00 **The Ark** 5&6/12. (S2)
4.00 **Wynonna Earp** As 11.10pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 21/22. (S6)
11.00 **Hudson & Rex** 19/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 3/8. (S3)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Mentalist** 21/22. (S6)
5.00 **Hudson & Rex** 19/20. (S5)
6.00 **Father Brown** *The Puzzle of Banburismus:* The priest must untangle the mysteries that lie within a sewing circle when a seamstress is stabbed to death.

10.00 Annika

7.00 **Miss Fisher's Murder Mysteries** *Murder and Mozzarella:* 3/8. An Italian grandmother is murdered in her restaurant. (S3)
8.00 **Death in Paradise** *Swimming in Murder:* 5/8. A veteran rock singer is electrocuted in a swimming pool. (S4)
9.00 **Shakespeare & Hathaway: Private Investigators** 1/10. Tensions rise as the duo are forced to reunite. (S5)
10.00 **Annika** 5/6. Annika's trip to visit Morgan is interrupted when a local builder turns up dead in a nearby stream. (S2)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 8/10. Margaret helps Susan serve justice for a coach. (S2)
1.00 AM **Death in Paradise** (S4)
2.00 **Evil** 9/10. (S3)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
9.15 **Dad's Army**
9.55 **Are You Being Served?**
10.30 **Porridge**
11.10 **Keeping Up Appearances**
11.50 **Last of the Summer Wine**
1.10 PM **The Green Green Grass**
1.50 **dinnerladies**
2.25 **Dad's Army**
3.05 **Are You Being Served?**
3.45 **Porridge**
4.25 **Dad's Army**
5.05 **Last of the Summer Wine**
6.25 **Keeping Up Appearances**

9.00 Becoming Victoria Wood

7.00 **Porridge** The inmates decide on a wager as the parole board gathers.
7.40 **Dad's Army** Pike becomes trapped in the middle of a minefield during manoeuvres.
8.20 **dinnerladies** The girls celebrate Japanese-style at their work party.
9.00 NEW **Becoming Victoria Wood** An intimate portrait of one of Britain's most beloved entertainers, this documentary uncovers the formative experiences and private struggles that shaped Victoria Wood's career.
11.00 **dinnerladies** Work experience day leads to chaos.
11.35 **Not Going Out** Tim decides to put the flat on the market.
12.15 AM **Alma's Not Normal**
1.30 **Keeping Up Appearances**
2.20 **Black Ops** Double bill.
3.20 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Documentary.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Speed with Guy Martin**
11.00 **Rick Stein's Long Weekends**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** America.
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** The most delicious chicken and egg recipes.
6.00 **Rick Stein's Long Weekends** The chef visits Bordeaux.

5.00 The Hairy Bikers' Chicken...

7.05 **Would I Lie to You? The Unseen Bits** Previously unseen material from the comedy panel show.
7.45 **Richard Osman's House of Games** With Helen George and Cally Beaton. **8.20** With Janet Ellis, Suzi Ruffell, Darren Harriott and Radzi Chinyanganya.
9.00 **QI XL** Sandi Toksvig, Bill Bailey, Sean Lock and John Hodgman join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Adil Ray hosts the satirical quiz, with Nicky Morgan and Kiri Pritchard-McLean.
11.00 **Taskmaster** James Acaster tries the emergency alarm on a lift, and Rhod Gilbert smears mustard in his eyes.
12.00 M'T **Would I Lie to You?**
12.40 AM **Mock the Week**
2.00 **to 4.00** AM **Battle in the Box**

+1 hour 211/212 327 74 259

Thursday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 9-11/24. (S3)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Bury Your Dead:* 1/19. Tony's car is blown up in an explosion. **7.00** *Family:* 2/19. The agents search for a missing infant. **8.00** *Ex-File:* 3/19. Gibbs' ex-wife is a witness in a murder case. (S5)
9.00 **Blue Bloods** *Common Enemies:* 19/22. Danny and his archenemy Luis Delgado become allies. **10.00** *Strange Bedfellows:* 20/22. Erin tries to persuade Frank to back a state bill. (S9)
11.00 **Law & Order: Special Victims Unit** Caretaker: 7/24. A family are killed while sleeping. (S20)
11.55 **Law & Order: Special Victims Unit** (S18&19)
2.40 AM **Murder, She Wrote**
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts**
8.00 **GPs: Behind Closed Doors** New edition An octogenarian has her remaining foot checked.
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Call the Bailiffs: Time to Pay Up**
1.00 AM **Nightmare Tenants, Slum Landlords**
2.00 **GPs: Behind Closed Doors** Medical series.
2.50 **Skin A&E**
3.40 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
12.00 NOON FILM **The Scalphunters** Western adventure. (1968, PG, 102min) ★★★
2.05 PM FILM **The Tin Star** Western. (1957, b/w, U, 93min) ★★★★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** An angry van driver gives a PC a dressing down.
9.00 **Mud Mountain Haulers** New edition Craig's crew try return to camp to log Saddle Ridge.
10.00 **Outback Truckers** Trainee trucker Danyelle gets a driving lesson.
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Ice Road Truckers**
2.05 **to 4.00** AM **Trucking Hell**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake** Double bill.
9.00 **Louis Theroux: The Most Hated Family in America** The journalist meets members of a controversial church known for protesting against homosexuality.
10.00 **Louis Theroux: Transgender Kids**
11.00 **Katie Piper: Locked Up in Louisiana**
12.00 M'T **Louis Theroux: Gambling in Las Vegas**
1.00 AM **Louis Theroux: Law & Disorder in Johannesburg**
2.00 **to 3.00** AM **Michael McIntyre's Christmas Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.30 **The Bill**
8.30 **Doctors**
9.40 **Classic Holby City**
10.40 **Classic Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge**
6.00 **Last of the Summer Wine** Double bill.
8.00 **Kingdom** 6/6. (S1)
9.00 **Blue Lights** 1/6. Drama following new recruits to Belfast's police force. (S1)
10.15 **New Tricks**
11.35 **Shakespeare & Hathaway: Private Investigators**
12.35 AM **Waking the Dead**
1.55 **Porridge**
2.35 **Birds of a Feather**
3.05 **to 4.00** AM **Harry Wild**

+1hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys**
8.00 **Bangers & Cash**
10.00 **True Evil: The Making of a Nazi** Documentary.
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **True Evil: The Making of a Nazi** Documentary.
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **Bangers & Cash** New edition Paul and Charlie head to Northampton to extract a Daimler Sovereign.
9.00 **Bangers & Cash: Restoring Classics** The team purchase a 1972 VW Fastback.
10.00 **Bangers & Cash**
12.00 M'T **Abandoned Engineering**
2.00 **to 3.00** AM **True Evil: The Making of a Nazi**

+1 hour 255 329

THURSDAY Entertainment

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** North Yorkshire.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family: Born Without Trace**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters** Drew Pritchard is given exclusive access to some shipping containers. **7.00** Drew and Tee take a trip to Portugal. **8.00** Drew visits Bamburgh Castle.
9.00 **Ghosts off Grid** New edition Jordyn and Johnny visit a Texas jail.
10.00 **Help! My House Is Haunted** Four editions.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 13-15/22. (S7)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** (S2)
4.10 **Hamish Macbeth** (S3)
5.20 **Doctor Finlay** 2/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 22/22. A goat eats $22,000. (S10) **8.00** 1/16. The nurses come back from an evacuation to find chaos. **8.30** 4/16. The gang try to get one over on each other by playing practical jokes. (S11)
9.00 FILM **George and Mildred** TV comedy spin-off starring Yootha Joyce and Brian Murphy. (1980, PG, 93min) ★★
11.00 **The New Avengers**
12.00 M'T **The Avengers** (S5)
1.00 AM **M*A*S*H** (S10&11)
2.25 **Home to Roost** (S2)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.10 FILM **Wild Wind** World War Two adventure. (1985, PG, 100min) ★★
12.00 NOON **The High Chaparral** 9/26. (S3)
1.00 PM FILM **Face of a Fugitive** Western. (1958, U, 81min) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers**
7.00 **The Avengers** (S5)
8.00 **The Baron** 4/30. (S1)
9.00 FILM **Half Past Dead** Action thriller starring Steven Seagal. (2002, 15, 98min) ★★★
11.10 FILM **First Kill** Thriller. (2017, 15, 97min) ★★
1.20 AM **The Baron** (S1)
2.20 **The Avengers** (S5)
3.10 **Police Ten 7**
3.35 FILM **Hell River** Drama. (1974, PG, 99min) ★★
5.15 **to 5.50** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **Lost Letter Mysteries: Higher Ground** (2017, PG) ★★
10.05 **Unforgettable** (S4)
11.05 **Castle** 12/23. (S6)
12.05 PM FILM **Picture Perfect Mysteries: Dead Over Diamonds** Crime drama. (2020, PG, 90min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 13/23. (S6)
8.00 **Unforgettable** (S4)
9.00 FILM **Picture Perfect Mysteries: Exit Stage Death** Crime drama. (2020, PG, 89min) ★★
10.55 **Lost Letter Mysteries: Family Reunited**
12.50 AM FILM **Killer Contractor** Thriller. (2019, 12, 84min) ★★
2.35 FILM **Wandering Eye** Thriller. (2011, PG) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.00 AM FILM **Recipe for Love** Romantic comedy. (2014, PG, 86min) ★★
10.10 FILM **Rome in Love** Drama. (2019, PG) ★★
12.05 PM FILM **A Town Called Love** Romantic drama. (2023, U, 89min) ★★
2.05 FILM **Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
4.05 FILM **Just for Showmance** Comedy. (2023, U, 83min) ★★
6.05 FILM **Stop the Wedding** Drama. (2016, U) ★★
8.00 FILM **Two Tickets to Paradise** Romance. (2022, PG, 84min) ★★
9.55 FILM **Meet Me in New York** Romantic drama. (2022, PG, 89min) ★★
11.55 FILM **An Hour Behind** Comedy. (2017, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Wedding at the Hamptons** As 2.05pm.

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 8/18. (S3)
12.30 PM **The Top Secret Life of Edgar Briggs**
1.00 **The Prime of Miss Jean Brodie** 1/7. (S1)
2.00 **Boon** 3/13. (S3)
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S2)
6.30 **The Fenn Street Gang**
7.00 **The Top Secret Life of Edgar Briggs**
7.30 **The Brian Conley Show**
8.00 **Boon** 3/13. (S3)
9.00 **The Man Who Made Husbands Jealous**
10.00 **Mary Millington's True Blue Confessions**
11.00 **Stereo Underground**
12.00 M'T FILM **Fanny Hill** Comedy. (1964, 18) ★★
2.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Guardians of the Glades**
10.00 **Deadliest Catch**
12.00 NOON **Cooper's Treasure** Documentary.
1.00 PM **Expedition Unknown** Double bill.
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The crews of the *Seabrooke*, *Northwestern*, *Time Bandit*, *Wizard*, *Kodiak* and *Ramblin' Rose* return to the perilous waters of the Bering Sea.
9.00 **Expedition X** Phil and Jess investigate sightings of a huge serpent.
10.00 **Expedition Bigfoot**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Jamie Cooks Italy**
7.00 **Hairy Bikers Go West**
8.00 **The Pioneer Woman: Home Sweet Home**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman: Home Sweet Home**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off** The semi-finalists take on Patisserie Week. **8.00** Bakers compete to be the 2016 winner.
9.00 **James Martin's Islands to Highlands**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 4/26. (S5)
9.00 **The A-Team** 9/23. (S4)
10.00 **The Invaders** 7/17. (S1)
11.00 FILM **Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
1.00 PM FILM **Posse** Western. (1975, 15, 94min) ★★
2.55 FILM **Airport 1975** Air disaster movie. (1974, PG, 106min) ★★★
5.00 **Star Trek** 14/26. (S2)
6.00 **The Invaders** 8/17. (S1)
7.00 **The A-Team** 10/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Black Sunday** Suspense thriller. (1976, 15, 143min) ★★
11.50 FILM **Things to Do in Denver When You're Dead** Thriller. (1995, 18, 115min) ★★★★
2.05 AM FILM **Assassin** Thriller with Danny Dyer. (2014, 15, 78min) ★
3.40 **to 5.25** AM FILM **Hannie Caulder** Western. (1971, 15, 85min) ★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Super Cyclone** Thriller. (2012, 12) ★
11.00 **The Lost World** (S1)
12.00 NOON FILM **Memoirs of an Invisible Man** Comedy thriller. (1992, PG, 99min) ★★
2.00 PM FILM **Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Against a Crooked Sky** Western. (1976, PG, 85min) ★★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 4/23. (S2)
9.00 FILM **Unchained** Thriller starring Adrien Brody. (2017, 15, 115min) ★★
10.55 FILM **Universal Soldier: Regeneration** Sci-fi action thriller sequel. (2009, 18, 97min) ★★★
1.00 AM FILM **Unchained**
3.00 FILM **Against a Crooked Sky** As shown at 5.00pm.
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars**
7.35 **Junk & Disorderly**
8.30 **Storage Wars**
9.20 **Hardcore Pawn**
10.15 **Auction Hunters**
11.10 **Deep Water Salvage**
12.10 PM **Salvage Kings**
1.05 **Pawn Stars**
2.05 **Storage Wars**
3.05 **Junk & Disorderly**
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **UFO POV** New edition
10.00 **Alien Disclosure Files**
11.00 **Alien Corridors**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Deep Water Salvage**
3.45 **Salvage Kings**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** New Zealand.
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Great British Ships: Golden Hinde**
7.00 **World War II: Secrets from Above**
8.00 **Ben Fogle: New Lives in the Wild** From Texas.
9.00 **Kate: Judge My Work, Not My Clothes**
10.30 **Secrets of Diana's Wedding Dress**
12.00 M'T **Wentworth Prison**
1.00 AM FILM **My Sweet Audrina** Gothic thriller. (2016, 15, 85min) ★★
2.50 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Cruising with Jane McDonald**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Game show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Game show.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
4.00 **Bridge of Lies** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
10.00 **The Chase Celebrity Special** With guests Danny Jones, Martin Bell, Sarah Jane Mee and Michael Sheen.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the sitcom, including at: **8.30** 13/24. The gang have a Sheldon-free weekend. (S9)
9.00 **90 Day Fiancé UK** New editions Shocked by Andy's revelation about her daughter, Arrah's mum storms out. **10.00** Andy prepares to marry Arrah, but it's mixed emotions without loved ones by his side, while Marco belatedly asks Sarah's dad for her hand in marriage.
11.00 **The Bad Skin Clinic**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** Variety show.
9.00 **Impractical Jokers**
10.00 **Spin City** 8&9/24. (S1)
11.00 **Everybody Loves Raymond** 3-6/16. (S9)
1.00 PM **Friends** (S8&9)
8.00 **Friends** 5/24. The pals look forward to Phoebe's birthday meal. **8.30** 6/24. Ross and Rachel get a nanny. (S9)
9.00 FILM **Hancock** Action comedy fantasy. (2008, 12, 92min) ★★★
10.45 **Jimmy Carr's Am I the A**hole?**
11.45 **Whose Line Is It Anyway? USA**
1.15 AM **South Park** (S10)
2.45 **Al Murray: Beautiful British Tour – Live at the O2** Stand-up.
3.40 **Dragony Aunts**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Most Ridiculous**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 8&9/24. (S1)
7.00 **Everybody Loves Raymond** 3-6/16. (S9)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Friends** 3-8/24. (S8)
1.00 AM **The Ricky Gervais Show** Double bill.
2.00 **Whose Line Is It Anyway? USA**
3.00 **Reno 911!** (S4)
3.45 **Important Things**
4.30 **Spin City** 8&9/24. (S1)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
9.50 **Duty Free** 3/7. (S1)
10.20 **Bread** 5/6. (S1)
10.55 **Steptoe and Son** (S8)
11.30 **Oh, Doctor Beeching!**
12.10 PM **Rising Damp** (S1)
12.40 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 3/15. (S3)
2.45 **Minder** 5/13. (S3)
3.50 **Citizen Smith** 8/8. (S4)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.50 **Rising Damp** 1/7. (S1)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 7/11. (S4)
9.00 **Benidorm** 7&8/9. (S2)
9.55 **Shameless Xmas 2004**
11.25 **Man About the House**
11.55 **Rising Damp** 6/8. (S2)
12.25 AM **Benidorm** (S2)
1.25 **Shameless Xmas 2004**
2.40 **Kenny Everett Show**
3.15 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The TV Show**
11.00 **Catfish: Love Triangles**
12.00 NOON **Catfish: The TV Show** Triple bill.
3.00 PM **Catfish: Repeat Offenders** Reality show.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Mums Move In**
8.00 **Extreme Hair Wars**
9.00 **Dating Naked** Chris and Kerri try to put their feelings aside.
10.00 **Celebrity Ex on the Beach** Reality series.
11.00 **Caught in the Act: Unfaithful**
12.00 M'T **Geordie Shore**
2.00 AM **Teen Mom: The Next Chapter**
2.45 **Ridiculousness** New editions Double bill.
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Goblin Works Garage**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys assist two Montana homesteaders who face being trapped on their property. **6.00** Marty and Misty come to the aid of a couple in Hawaii whose homestead lies in a flash flood zone.

9.00 Ed Stafford: Man Woman...

7.00 **Wheeler Dealers** Mike Brewer tracks down a rust-free 1963 Sunbeam Alpine, one of the first-ever Bond cars.
8.00 **Wheeler Dealers** Mike Brewer finds a Humvee to work on, and he and Edd create a four-wheel-drive camping vehicle.
9.00 **Ed Stafford: Man Woman Child Wild** Ed Stafford takes his wife and their two-year-old son on an epic adventure.
10.00 **In the Eye of the Storm** In 2024, Florida is pounded by two huge back-to-back hurricanes, Helene and Milton.
11.00 **Expedition Unknown** The lost tomb and treasure of Alexander the Great.
12.00 M'T **Deadliest Catch**
1.00 AM **Ed Stafford: Man Woman Child Wild**
2.00 **In the Eye of the Storm**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Meet the Penguins**
10.00 **Tanked** An aquarium.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** A young red panda is having some foot problems. **4.00** A bison calf struggles to keep up with its mother.
5.00 **Lone Star Law** Jet skiers wreak havoc at a boat ramp.
6.00 **Dr Jeff: Rocky Mountain Vet** The team help save a stray dog that has been hit by a car.

11.00 Mountain Monsters

7.00 **Treehouse Masters: Out on a Limb** An arborist pushes the team to their limit by requesting a tri-level residence.
8.00 **Richard E Grant's Seven Deadly Sins** The actor examines pride and highlights the dramatic effect the trait can have.
9.00 **Alaska: The Last Frontier** The family prepare a Thanksgiving feast, while Eivin and Eve rescue a baby seal.
10.00 **Alaskan Bush People** Ami prepares to undergo treatment for lung cancer, and the family look to the future.
11.00 **Mountain Monsters** Hunters track down unidentified Appalachian creatures.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **Lost Ships of WW2**
12.00 NOON **Nazi Megastructures: America's War** Documentary.
1.00 PM **Air Crash Investigation**
3.00 **World War II: The Apocalypse**
4.00 **Venice's Lost Empire: Drain the Oceans** Documentary.
5.00 **Ice Road Rescue** Two trucks collide in a blizzard.
6.00 **Construction Fails** A look at how the iconic Notre Dame cathedral caught fire in 2019.

10.00 Top Guns: The Next...

7.00 **Air Crash Investigation** Documentary exploring the terrorist bombing of Pan Am Flight 103 in December 1988.
8.00 **Car S.O.S** Tim Shaw and Fuzz Townshend head to Hartlepool, Co Durham, where they secretly restore a cherished campervan.
9.00 **Car S.O.S** Tim and Fuzz head to Berkshire where they hope to surprise the owner of a Daimler SP250 'Dart'.
10.00 **Top Guns: The Next Generation** The remaining students have one last chance to earn their wings.
11.00 **Air Crash Investigation**
12.00 M'T **Alaska: The Next Generation** New edition
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned** A former bank.
2.30 **Bid & Destroy**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Rust Valley Restorers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The Abyss: Rise & Fall of the Nazis** Documentary.
1.00 PM **Ice Road Truckers**
2.00 **The UnXplained with William Shatner** Four editions of the series, including at: **5.00** Tales of creatures lurking in the shadows.
6.00 **American Pickers** Exploring a private arcade filled with vintage pinball machines.

10.00 Mountain Men

7.00 **Forged in Fire** Visits to bladesmiths in their home forges, starting with a trip to Texarkana, Texas.
8.00 **Viking Dead** Archaeologists investigate the discovery of a mass grave in Dorset filled with possible Viking remains.
9.00 **Ice Road Truckers** New edition Operations manager Bill Danh sends a six-truck convoy on a near-impossible mission.
10.00 **Mountain Men** New edition Lauro barrels to the finish line of the Iditarod along the frozen Bering Sea coast.
11.00 **Mountain Men** New edition Bret and Ivy run into trouble when their traps vanish under several feet of solid ice.
12.00 M'T **The UnXplained with William Shatner** Triple bill.
2.50 AM **Ice Road Truckers**
3.40 **Viking Dead** As 8.00pm.
4.25 **Pawn Stars** Replicas of Thor's helmet and hammer.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Whoopi Goldberg**
8.00 **The Directors**
8.55 **Celtics City**
10.00 **The Jinx Part Two**
11.05 **Amsterdam Narcos**
2.00 PM **Bobby Robson: More Than a Manager** The career of the football manager.
4.00 **Discovering: Whoopi Goldberg**
5.00 **The Directors**
5.55 **The Jinx Part Two**

9.00 2000 Meters to Andriivka

7.00 **Spitfire** The story of the British single-seat fighter plane the Supermarine Spitfire, designed by RJ Mitchell and famous for its role in the Battle of Britain.
9.00 **NEW 2000 Meters to Andriivka** One-off documentary following a Ukrainian platoon as they traverse a heavily fortified mile of forest to liberate a strategic village from Russian forces.
11.15 **Chernobyl: The Lost Tapes** Newly discovered archive footage and witness accounts of the 1986 nuclear disaster.
1.15 AM **Williams & Mansell: Red 5** The rise of Nigel Mansell and the Williams F1 racing team.
3.00 **FILM Busby** Documentary. (2019, PG, 102min) ★★★
5.00 **to 6.00** AM **Discovering: Whoopi Goldberg**

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **Richard Hammond's Workshop**
9.00 **Outback Opal Hunters** New edition The Cheals are getting their second agitator up and running.
10.00 **Treasure Hunters Down Under** New edition Michael and Max hunt for a lost wedding ring.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco**
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **Murder in the Heartland**
7.00 **Judge Rinder's Crime Stories** Billy Dove.
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition Shocking stories of people who discovered they were living with a killer.
10.00 **Your Worst Nightmare**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** Police look to identify and apprehend the perpetrator when a man is stabbed.
8.00 **48 Hours** New edition For years, the death of Danni Houchins had been a mystery.
9.00 **Storm of Suspicion** New edition In Kentucky, spring rains wash human bones from a culvert near where a missing man was last seen years ago.
10.00 **Interview with a Serial Killer** Arthur Shawcross.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Interview with a Serial Killer** As 10.00pm.
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours** Heidi Firkus.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Fatal Attraction** The family of Shalisa O'Dell find her beaten to death. **3.00** Pregnant mother Megan Price is found dead in her home.
4.00 **48 Hours** Documentary.
5.00 **Medical Detectives** A policeman's home is burned to the ground. **5.30** Police use laser technology to detect the origin of a letter. **6.00** A pregnant woman accused her husband of attacking her. **6.30** A girl's performance in a high school play reveals a dark secret.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Highway Cops**
8.00 **Send in the Dogs**
9.00 **Brit Cops** Documentary.
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **Forensics: Catching the Killer**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation**
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **What the Killer Did Next** Peter McMahon.
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Britain's Most Evil Killers**
11.00 **Police 24/7**
12.00 M'T **Killer in My Village**
1.00 AM **World's Most Evil...**
2.00 **Murders That Shocked...**
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.35 **Ultimate Rome: Empire Without Limit**
9.55 **Forts of Verdun**
11.00 **Lincoln: Divided We Stand** Documentary.
11.55 **Mafia's Greatest Hits**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Ultimate Rome: Empire Without Limit**
2.55 **Forts of Verdun**
4.05 **Lincoln: Divided We Stand** Documentary.
5.00 **Mafia's Greatest Hits**
6.10 **Ultimate Rome: Empire Without Limit**
7.25 **Forts of Verdun**
8.35 **Lincoln: Divided We Stand** Documentary.
9.35 **Mafia's Greatest Hits**
10.40 **Ultimate Rome: Empire Without Limit** Examining how and why the Roman Empire fell.
12.00 M'T **Forts of Verdun**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

THURSDAY

Thursday

Sky Nature

145 113/114 189 354 369

6.00 AM **Arctic Secrets**
7.00 **Monkey Life**
8.00 **Africa's Underwater Wonders**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Island of the Monsoon**
1.00 PM **Monkey Life**
2.00 **Africa's Underwater Wonders**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Wildlife Icons**
6.00 **Island of the Monsoon**
7.00 **Monkey Life** Double bill.
8.00 **My Best Friend's an Animal**
9.00 **A Wild Year on Earth** Awe-inspiring seasonal events in the natural world.
10.00 **Island of the Monsoon** An elephant on the cusp of adulthood must leave its herd.
11.00 **Wildlife Icons**
12.00 M'T **Wildlife ER**
1.00 AM **Arctic Secrets**
2.00 **My Best Friend's an Animal**
3.00 **A Wild Year on Earth**
4.00 **Africa's Underwater Wonders**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Ultimate Mysteries**
7.00 **Swamp Mysteries with Troy Landry** As shown at 5.00pm.
8.00 **What on Earth?**
9.00 **Secret Wars Uncovered**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **UFO Encounters UK**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Ultimate Mysteries**
5.00 **Swamp Mysteries with Troy Landry** Troy investigates reports of a Nile crocodile in Florida.
6.00 **What on Earth?**
7.00 **Secret Wars Uncovered**
8.00 **Combat Ships**
9.00 **How to Lose a War** The demise of the Axix Powers.
10.00 **Instruments of Death**
11.00 **Ancient Aliens**
1.00 AM **UFO Encounters UK**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Ancient Superstructures**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Savage Builds**
1.00 PM **Secrets Underground**
3.00 **How the Universe Works**
6.00 **How It's Made** The making of lace and unicycle wheel hubs.
6.30 How Thai rice boxes and paper towels are made.
7.00 How tea, artificial flowers and alloy wheels are made.
7.30 Focusing on the making of gel caps and frozen pancakes.
8.00 The making of paper umbrellas and aircraft seats.
8.30 A look at how canoes and wooden stave bowls are made.
9.00 The making of Marseille soap and Laguiole pocket knives.
9.30 How ceramic lights and asphalt compactors are made.
10.00 The making of asphalt pavers and Basque espadrilles.
10.30 How shoelaces and wood panel canvases are made.
11.00 **How Do They Do It?**
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Nightmare in Suburbia**
1.00 PM **Meet, Marry, Murder**
2.00 **Last Night Out**
3.00 **An Hour to Kill**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** New edition A woman is shot dead in her home hours after posting online about her success.
9.00 **The First 48** The case of a man who was lured into a deadly trap.
10.00 **Homicide Squad: New Orleans** New edition A woman is gunned down after a fist fight livestreamed on social media.
11.00 **Homicide Hunter**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Homicide Squad: New Orleans**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry, Murder**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **America's National Parks**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Desert Lions: Skeleton Coast**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet** First edition of the documentary following Canadian vet Dr Michelle Oakley.
7.00 **Secrets of the Zoo** The cheetah repopulation program starts to take effect.
8.00 **Wild, Smart and Deadly** How knowing what lurks in the dark can mean the difference between life and death.
9.00 Focusing on animals with a super-powered sixth sense.
10.00 **Life Below Zero: First Alaskans**
11.00 **Ice Road Rescue**
12.00 M'T **Lawless Island**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **To Live or Die on Everest**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** An invisible field that governs our lives.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **To Live or Die on Everest** How deadly weather claimed 11 lives on Mount Everest in 2019.
9.00 **Paranormal Declassified**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry reflects on his time working as a war cameraman during the siege of Sarajevo.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Brit Cops Down Under**
1.00 PM **Brit Cops Down Under**
5.00 **Sorry!** 5/6. Timothy is asked to be best man at Frank's wedding and ends up in trouble as a result of trying to encourage the idea of marriage in spite of his parents.
5.40 6/6. Timothy gets out of his depth while helping arrange Frank's wedding – and then falls for a bridesmaid. (S2)
6.20 1/6. Timothy joins in a treasure hunt to find a golden rabbit that has been buried somewhere in the area.
7.00 2/6. Timothy plans an adventurous holiday in the Gobi Desert with Freddie, but it seems likely his mother will raise a few objections.
7.40 3/6. Timothy is promoted to the role of Bottom in an amateur dramatic production of Shakespeare's *A Midsummer Night's Dream*. Stars Ronnie Corbett and Barbara Lott. (S3)
8.20 PM **to 6.00** AM **Sorry!**

+1hour 266 376

ID

154 140 166

8.00 AM **Killer Unknown**
9.00 **Who the (Bleep) Did I Marry?**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Who the (Bleep) Did I Marry?** Documentary.
2.00 **Twisted Love**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Murder Chose Me**
7.00 **Signs of a Psychopath**
9.00 **American Detective with Lt Joe Kenda** The body of a young radio host turns up near a road in south Houston.
10.00 **The Real Murders on Elm Street** A man claims he is responsible for the deaths of two teenagers while defending his property.
11.00 **How (Not) to Get Rid of a Body** The case of a missing 17-year-old pregnant girl.
12.00 M'T **Your Worst Nightmare**
2.00 AM **Murder Chose Me**
4.00 **to 6.00** AM **Signs of a Psychopath**

+1hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried: Classic Cars**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Roadworthy Rescues** Derek goes off the deep end with an 1980s icon – the DeLorean.
9.00 **Kevin Hart's Muscle Car Crew**
10.00 **Sewer Divers**
11.00 **Wheeler Dealers**
12.00 M'T **Roadworthy Rescues**
1.00 AM **Richard Hammond's Workshop** Richard is desperate to get behind the wheel of his beloved MGB in a proper race.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.10 AM **Xeno** As 11.50pm.
9.00 **Prisoner of War** As 4.50am.
11.00 **The Ballad of Wallis Island** Comedy drama with Tim Key. (2025, 12, 100min) ★★★★
12.45 PM **M3GAN 2.0** As 8.00pm.
3.00 **Reckless** As 10.10pm.
4.45 **Neighborhood Watch** Thriller starring Jeffrey Dean Morgan. (2025, 15, 92min) ★★★★
6.25 **The Naked Gun** Comedy reboot starring Liam Neeson. (2025, 15, 85min) ★★★★

6.25 The Naked Gun

8.00 **M3GAN 2.0** Sci-fi action thriller sequel starring Allison Williams and Violet McGraw. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Reckless** Action comedy starring Scott Adkins and Vinnie Jones. A former convict on parole must outwit the police to get his share of an old heist. (2026, 15, 91 min)

11.50 **Xeno** Fantasy starring Lulu Wilson and Omari Hardwick. (2025, 15, 103min) ★★★
1.30 AM **Neighborhood Watch**
3.10 **Beast of War** Horror thriller starring Mark Coles Smith. (2025, 15, 87min) ★★★★
4.50 **to 6.50** AM **Prisoner of War** Thriller starring Scott Adkins. (2025, 15, 112min) ★★★

Sky Cinema Buddy Films

303 303 403 503 517

6.55 AM **Cinema List: Video Games**
7.15 **The Breakfast Club** Comedy drama. (1984, 15) ★★★★
9.05 **Wayne's World** As 1.30am.
10.50 **Wayne's World 2** As 3.15am.
12.45 PM **Police Academy** Comedy. (1984, 15, 95min) ★★★
2.35 **Police Academy 2: Their First Assignment** (1985, 12) ★★
4.20 **Police Academy 3: Back in Training** (1986, PG) ★
6.00 **The 40-Year-Old Virgin** Comedy. (2005, 15) ★★★★

6.00 The 40-Year-Old Virgin

8.00 **The Hangover** Dark comedy starring Bradley Cooper, Ed Helms and Zach Galifianakis. Three friends try to find the missing groom after a riotous bachelor party in Las Vegas. (2009, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Hangover Part II** Dark comedy sequel starring Bradley Cooper. A drug-fuelled bachelor party in Bangkok leaves three friends looking for the bride's brother despite severe memory loss. (2011, 15, 101 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
1.30 AM **Wayne's World** Comedy. (1992, PG, 95min) ★★★★
3.15 **Wayne's World 2** Comedy sequel. (1993, PG) ★★★
5.05 **to 6.45** AM **Sacramento** Michael Angarano's comedy. (2024, 15, 89min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.25 AM **Peggy Sue Got Married**
8.25 **Parachute** As 5.45am.
10.20 **Lost in Translation** As 3.50am.
12.05 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
2.20 **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★★
4.10 **No Escape** Thriller starring Owen Wilson and Pierce Brosnan. (2014, 15, 101 min) ★★★

6.00 **The Post** Fact-based drama starring Meryl Streep and Tom Hanks. (2017, 12, 113min) ★★★★
8.00 **The Holiday** Romantic comedy starring Cameron Diaz and Kate Winslet. Two women living on opposite sides of the Atlantic swap homes for Christmas and embark on new romances. With Jude Law and Jack Black. (2006, 12, 135min) ★★★
10.20 **The Blind Side** Fact-based drama starring Sandra Bullock. (2009, 12, 129min) ★★★

12.30 AM **The Brutalist** Epic drama. (2024, 18, 215min) ★★★★★
3.50 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
5.45 **to 7.35** AM **Parachute** Comedy drama starring Courtney Eaton. (2023, 15, 108min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.40 AM **The Cinema List: Bingeable**
6.55 **Gator Creek** As 5.20am.
8.30 **If You Were the Last** Sci-fi romantic comedy starring Anthony Mackie and Zoe Chao. (2023, 15, 92min) ★★★★
10.05 **Arrival** As shown at 8.00pm.
12.10 PM **Sinners** Horror thriller. (2025, 15, 132min) ★★★★
2.30 **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★

4.10 **Children of Men** Sci-fi thriller. (2006, 15, 109min) ★★★★★
6.00 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*, starring Vin Diesel. (2004, 15, 119min) ★★★
8.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
10.10 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. (2009, 12, 110min) ★★★

12.10 AM **A Quiet Place** Horror. (2018, 15, 90min) ★★★★
1.50 **Strange Darling** Thriller. (2023, 18, 97min) ★★★★
3.35 **There's Something in the Barn** Horror comedy. (2023, 15) ★★
5.20 **to 7.00** AM **Gator Creek** Horror. (2025, 15, 87min) ★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.20 AM **The Last Airbender**
8.10 **The Witches** As 9.40pm.
9.50 **Robin and the Hoods** Comedy. (2024, PG, 101min) ★★
11.35 **Journey to the Center of...**
1.15 PM **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
2.45 **Stuart Little 2** Fantasy sequel. (2002, U, 78min) ★★★★
4.10 **The Last Airbender** Fantasy. (2010, PG, 103min) ★★
6.00 **A Minecraft Movie** Fantasy. (2025, PG, 101min) ★★★

9.40 The Witches

7.50 **IF** Fantasy adventure with Ryan Reynolds and Cailey Fleming. A girl joins forces with her upstairs neighbour to matchmake discarded imaginary friends with new children. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Witches** Fantasy adventure based on Roald Dahl's story about a coven of witches plotting to turn the children of England into mice. Stars Anjelica Huston, Jasen Fisher and Mai Zetterling. (1989, PG, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Journey to the Center of the Earth** Family adventure. (2008, PG, 92min) ★★
1.05 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
2.55 **Breaking Point** Drama. (2023, 12, 102min) ★★★
4.45 **to 6.15** AM **Yogi Bear** Comedy. (2010, U, 81min) ★★★

Sky Cinema Action

307 307 407 507 521

7.35 AM **Zu: Warriors from the...**
9.15 **Mortal Kombat** Action fantasy. (1995, 15, 101min) ★★★
11.10 **Hellboy** Comic-book horror. (2004, 12, 122min) ★★★★
1.25 PM **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
3.30 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★
5.30 **Transformers** Sci-fi adventure. (2007, 12, 144min) ★★★★

5.30 Transformers

8.00 **Transformers: Revenge of the Fallen** Sci-fi action adventure sequel inspired by the shape-changing toys, starring Shia LaBeouf and Megan Fox. A college student and his girlfriend get caught up in a titanic struggle between good and evil alien robots. With Josh Duhamel. (2009, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.35 **Batman Returns** Comic-book adventure starring Michael Keaton, Michelle Pfeiffer and Danny DeVito. (1992, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Fall Guy** Action comedy starring Ryan Gosling. (2023, 12, 126min) ★★★★
3.05 **Zu: Warriors from the Magic Mountain** Action fantasy. (1982, PG, 95min) ★★★★
4.55 **to 7.15** AM **William Tell** Historical drama starring Claes Bang. (2025, 15, 133min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.25 AM **The Brady Bunch Movie** Comedy. (1995, 12) ★★★
9.00 **Ferris Bueller's Day Off** Teen comedy. (1986, 12) ★★★★
10.45 **Fools Rush In** (1997, 12) ★★
12.20 PM **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
2.20 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
4.15 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
6.15 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★

9.55 So I Married an Axe...

8.00 **Alfie** Comedy drama remake starring Jude Law as a womanising limousine driver who enjoys a carefree existence in Manhattan flitting from one romantic conquest to the next. (2004, 15, 106min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **So I Married an Axe Murderer** Comedy thriller starring Mike Myers as a man who suspects his new wife may be a serial killer. With Nancy Travis and Amanda Plummer. (1993, 15, 92min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Jackass: The Movie** Slapstick comedy. (2002, 18, 87min) ★
1.05 AM **Jackass 3** Comedy sequel. (2010, 15, 93min) ★★
2.45 **Jackass Presents: Bad Grandpa .5** Hidden camera comedy. (2014, 15, 82min) ★★
4.15 **to 6.20** AM **It's Complicated** Romantic comedy drama. (2009, 15, 115min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Paradise Highway** Thriller. (2022, 15, 115min) ★★★★
8.05 **Barber** Mystery drama. (2023, 15, 90min) ★★★
9.50 **The Wasp** (2024, 15) ★★★★
11.30 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
1.40 PM **Trap** Psychological thriller. (2024, 15, 105min) ★★★★
3.30 **Hotel Mumbai** Thriller. (2018, 15, 123min) ★★★★
5.40 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★

8.00 The Equalizer

8.00 **The Equalizer** Action thriller starring Denzel Washington, Chloë Grace Moretz and Marton Csokas. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Equalizer 2** Action thriller sequel starring Denzel Washington. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Pedro Pascal and Ashton Sanders. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Sleepers** Fact-based drama starring Kevin Bacon. (1996, 18, 146min) ★★★
3.00 **to 6.00** AM **The Godfather Part III** Final chapter of Francis Ford Coppola's gangster epic. (1990, 15, 162min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Virginian** Western. (1946, PG, 90min) ★★
12.45 PM **Criss Cross** Crime thriller. (1948, b/w, PG, 87min) ★★★
2.35 **Shadow of a Doubt** Hitchcock suspense thriller. (1943, b/w, PG, 108min) ★★★★★
4.50 **Lifeboat** Hitchcock thriller. (1943, b/w, PG, 96min) ★★★★
6.45 **Fisherman's Friends** Comedy drama starring James Purefoy. (2019, 12, 112min) ★★★

6.45 Fisherman's Friends

Fisherman's Friends (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Other Woman** Comedy starring Cameron Diaz, Leslie Mann and Kate Upton. A woman discovers her boyfriend is married, and joins forces with his wife and a third lover to get revenge. With Nikolaj Coster-Waldau. (2014, 12, 107min) ★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11.10 **Wuthering Heights** Period drama based on Emily Brontë's classic tale, starring Kaya Scodelario and James Howson. (2011, 15, 128min) ★★ **11 PM**
1.50 **to 3.45** AM **Smoke Sauna Sisterhood** Documentary about women bonding in smoke saunas in the depths of an Estonian forest. (2023, 15, 89min) ★★★★

+1 hour 314 430 47 301 257

Sky Cinema Valentines

302 302 402 502 516

6.15 AM **Life Itself** As 4.30am.
8.20 **Forces of Nature** As 12.00m't.
10.15 **A Nice Indian Boy** Romantic comedy. (2024, 12, 96min) ★★★
12.00 NOON **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
2.20 PM **Valentine's Day** Romantic comedy. (2010, 12, 125min) ★★★
4.35 **So I Married an Axe Murderer** Comedy thriller starring Mike Myers. (1993, 15, 92min) ★★★

6.15 **The Wedding Singer** Romantic comedy with Adam Sandler and Drew Barrymore. (1998, 12, 97min) ★★★★
8.00 **Mamma Mia!** Musical based on the hit stage show inspired by ABBA songs, starring Meryl Streep, Pierce Brosnan, Colin Firth and Stellan Skarsgård. (2008, PG, 108min) ★★★★
10.00 **Mamma Mia! Here We Go Again** Musical sequel starring Amanda Seyfried and Lily James. (2018, PG, 114min) ★★★★

12.00 M'T **Forces of Nature** Romantic comedy starring Sandra Bullock. (1999, 12, 105min) ★★★
1.50 AM **So I Married an Axe Murderer** As shown at 4.35pm.
3.30 **Sky Cinema Preview**
4.30 **to 6.40** AM **Life Itself** Drama. (2018, 15, 130min) ★★

Sky Cinema Greats

304 304 404 504 518

7.00 AM **InnerSpace** Sci-fi comedy thriller. (1987, PG, 119min) ★★★
9.00 **The Last Starfighter** Adventure. (1984, PG, 100min) ★★★
10.45 **Mad Max** Cult action thriller. (1979, 15, 93min) ★★★★★
12.20 PM **Mad Max 2** Action thriller sequel. (1981, 18, 95min) ★★★★
2.00 **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★

3.50 **Escape to Victory** World War Two drama starring Sylvester Stallone. (1981, PG, 111min) ★★
5.50 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
8.00 **Little Women** Screen version of Louisa May Alcott's classic tale, starring Winona Ryder, Susan Sarandon and Gabriel Byrne. (1994, U, 114min) ★★★
10.00 **Jerry Maguire** Comedy drama starring Tom Cruise, Renée Zellweger and Cuba Gooding Jr. (1996, 15, 139min) ★★★★

12.20 AM **The Krays** Crime drama starring Martin and Gary Kemp. (1990, 18, 119min) ★★★
2.20 **Birdy** Psychological drama. (1984, 15, 120min) ★★★★
4.25 **to 6.25** AM **The Bridges at Toko-Ri** Korean War drama. (1954, U, 99min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **Extinct** Animated adventure. (2021, U, 84min) ★★★
9.00 **Transformers One** As 7.35pm.
10.50 **Deep Sea** Animated adventure. (2023, PG, 112min) ★★★
12.50 PM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
2.35 **Open Season 3** As 11.30pm.
4.00 **Monsters vs Aliens** Animated sci-fi monster movie. (2009, PG, 90min) ★★★

5.45 **The Lego Movie** Animation with the voice of Chris Pratt. (2014, U, 100min) ★★★★★
7.35 **Transformers One** Animated sci-fi adventure featuring the voice of Chris Hemsworth. (2024, PG, 104min) ★★★★
9.35 **The Garfield Movie** Animation. (2023, U, 101min) ★★★
11.30 **Open Season 3** Animated comedy adventure sequel. (2010, U, 74min) ★★
12.55 AM **Mavka: The Forest Song** Animation. (2023, PG) ★★

2.45 **Into the Wonderwoods** Animation. (2024, U) ★★★
4.25 **Batman Unlimited: Monster Mayhem** Animated adventure. (2015, PG, 76min) ★★★
5.55 **to 7.25** AM **Batman: Return of the Caped Crusaders** Animation. (2016, PG) ★★★★

Movies 24

312 313 419

7.00 AM **A Priceless Love** Romantic drama. (2022, PG, 85min) ★★
9.00 **A Match in Manhattan** Drama. (2024, PG, 90min) ★★
11.00 **Junebug** Fantasy drama. (2024, PG, 84min) ★★
1.00 PM **Our Take on Love** Romantic drama. (2022, PG, 87min) ★★
3.00 **Love on Retreat** Romantic drama starring Ansley Gordon. (2023, PG, 85min) ★★

5.00 **Planning on Forever** Romantic comedy. (2022, PG, 89min) ★★
7.00 **Love Hacks** Romantic drama with Annie Clark and Romaine Waite. (2022, PG, 90min) ★★
9.00 **Lease on Love** Romantic comedy with Rebecca Liddiard and Dan Jeannotte. A marketing manager agrees to pose as a business contact's wife to help him get the apartment of his dreams. (2022, PG, 86min) ★★
11.00 **What We Do For Love** Comedy. (2023, PG, 89min) ★★

1.00 AM **Love Marks the Spot** Romantic adventure with Annika Foster. (2023, PG, 86min) ★★
3.00 **to 5.00** AM **Love's Greek to Me** Romance starring Torrey DeVitto. (2023, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Black Saddle** 1/24. (S2)
6.30 **Cause for Alarm** Thriller. (1951, b/w, PG, 74min) ★★★
8.00 **Meet Simon Cherry** Mystery. (1949, b/w, PG, 67min) ★★
9.20 **Just William's Luck** Comedy. (1947, b/w, U, 92min) ★★
11.05 **Design for Loving** Comedy. (1962, b/w, U, 68min) ★★★
12.25 PM **Della** Mystery thriller. (1965, PG, 69min) ★★

1.45 **Lunch Hour** Romantic comedy. (1962, b/w, PG, 64min) ★★
3.00 **Crown Court** Triple bill.
4.30 **The Interrupted Journey** Mystery. (1949, b/w, PG) ★★★
6.10 **Strange But True**
6.45 **Look at Life**
6.55 **The Brothers** 7/10. (S1)
8.00 **Mark Saber** 18/39. (S4)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **Confessions of a Driving Instructor** Bawdy comedy. (1976, 18, 86min) ★

11.05 **I Am a Camera** Drama. (1955, b/w, 15, 98min) ★★★
1.05 AM **A Lifetime Ago**
1.30 **Crown Court** Triple bill.
3.00 **Hammer the Toff** Crime drama. (1952, b/w, U, 71min) ★★★
4.30 **Star Treatment Show**
5.00 **to 6.00** AM **Burke's Law**

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Men's T20 World Cup Sri Lanka v Oman.** The Group B match at Pallekele International Cricket Stadium in Kandy.
9.00 **LIVE Men's T20 World Cup Nepal v Italy.** The Group C match from Wankhede Stadium.
1.00 PM **LIVE Men's T20 World Cup India v Namibia.** The Group A match at Arun Jaitley Stadium.
5.00 **The Premier League Show**
6.00 **LIVE Premier League Darts** Coverage of the second night staged at AFAS Dome in Antwerp, Belgium, featuring quarter-finals, semi-finals and a final.
10.00 **LIVE PGA Tour Golf** Coverage of day one of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links in California.
12.00 M'T **LIVE WTA & ATP Tennis** Coverage of the latest events from the WTA and ATP Tours.
1.30 AM **LIVE ATP Tennis** Coverage of day four of the ATP Dallas Open.
5.00 **to 6.00** AM **LIVE Men's T20 World Cup Australia v Zimbabwe.** The Group B match at R Premadasa Stadium in Colombo, Sri Lanka.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Netbusters** Recent action.
9.30 **Premier League Stories**
10.00 **Sky Sports FC**
12.00 NOON **Premier League Years**
2.00 PM **PL Retro** Arsenal v Tottenham Hotspur from 2010.
4.00 **Premier League Stories**
4.30 **Netbusters** The weekend's action in the Premier League.
5.00 **The Premier League Show**
7.00 **The Big Interview** An interview with a Premier League personality.
7.30 **Premier League Stories**
8.00 **Transfer 360** The inside story of why Emmanuel Adebayor left Arsenal for Manchester City. **8.30** Focusing on former Premier League star Patrick Vieira.
9.00 **The Big Interview** An interview with a Premier League personality.
9.30 **Premier League Stories**
10.00 **Transfer 360** Transfers involving Patrick Vieira and Sol Campbell.
11.00 **Premier League Years**
1.00 AM **PL Retro** A chance to see Arsenal v Everton from 1998.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** Championship.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2011 final.
12.00 NOON **SPFL Highlights**
12.15 PM **EFL Highlights**
1.00 **WSL** Arsenal v Manchester City.
1.30 **EFL Championship Highlights**
1.45 **SPFL Highlights**
2.00 **EFL Championship Highlights**
2.30 **EFL League One & Two Goals**
3.30 **Bundesliga Highlights Show**
4.30 **WSL** Action from Leicester City v Manchester United.
5.00 **SPFL Highlights**
5.15 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL League One & Two Goals**
8.00 **SPFL Round-Up**
8.15 **SPFL Highlights** Motherwell v Rangers staged at Fir Park.
8.30 **EFL Championship Highlights** Swansea v Sheffield Wednesday. **8.45** Sheffield United v Middlesbrough at Bramall Lane.
9.00 **EFL Championship Highlights**
10.00 **Bundesliga Weekly**
10.30 **EFL League One & Two Goals**
11.30 **EFL Greatest Games**
12.00 M'T **Dundee United – Champions 83**
12.30 AM **Best SPFL Goals**
1.30 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Men's T20 World Cup Sri Lanka v Oman.** The Group B match at Pallekele International Cricket Stadium in Sri Lanka.
9.00 **LIVE Men's T20 World Cup Nepal v Italy.** Coverage of the Group C match from Wankhede Stadium in Mumbai, India.
1.00 PM **LIVE Men's T20 World Cup India v Namibia.** Coverage of the Group A match at Arun Jaitley Stadium in Delhi. The co-hosts are looking to retain the title they won in 2024, while Namibia made the Super 12 stage on their debut in the competition in 2021.
5.00 **Best of ICC WT20**
5.15 **Best of England v South Africa**
5.30 **Best of ICC WT20**
6.00 **Men's T20 World Cup** Action from Sri Lanka v Oman. **6.30** Highlights of Nepal v Italy. **7.00** Action from India v Namibia.
7.30 **The Story of the Men's T20 World Cup Final 2024**
8.30 **Men's T20 World Cup**
5.00 **to 6.00** AM **LIVE Men's T20 World Cup Australia v Zimbabwe.** The Group B match at R Premadasa Stadium in Colombo, Sri Lanka.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Ladies European Tour Golf**
10.00 **PGA Tour: The Cut**
10.30 **LIVE Ladies European Tour Golf** Coverage of the second day of the PIF Saudi Ladies International at Riyadh Golf Club.
2.30 PM **TGL** Highlights.
4.30 **My Ryder Cup**
4.45 **LIVE PGA Tour Golf** Coverage of the featured groups on day one of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links in California.
8.00 **LIVE PGA Tour Golf** Further coverage of day one of the AT&T Pebble Beach Pro-Am at Pebble Beach Golf Links. Rory McIlroy won this title for the first time in his illustrious career last year.
12.00 M'T **LIVE Golf** Day two of the Women's Amateur Asia-Pacific from Royal Wellington Golf Club.
3.00 AM **HotelPlanner Tour Golf Highlights** Recent action.
3.30 **Beyond the Scorecard**
4.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
10.00 **LIVE ATP Tennis** Coverage of the fourth day of the ATP Rotterdam Open at Rotterdam Ahoy in the Netherlands.
12.00 NOON **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
8.00 PM **LIVE WTA & ATP Tennis** Further coverage from events on the WTA and ATP Tours.
1.30 AM **LIVE ATP Tennis** The fourth day of the ATP Dallas Open, a hard-court tournament from Ford Center at The Star in Frisco, Texas.
5.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **WPL** Recent highlights.
9.00 **Super Bowl LV Highlights**
11.00 **NFL Highlights**
1.00 PM **DP World Tour Golf**
3.00 **ATP Tour This Week**
3.30 **PL Greatest Games**
4.00 **Super Bowl LV Highlights**
6.00 **NBC's Pro-Football Talk**
8.00 **ATP Tour This Week**
8.30 **Super Bowl LV Highlights** Tampa Bay Buccaneers v Kansas City Chiefs in the 2020/21 season.
10.30 **PL Greatest Games**
12.00 M'T **PGA Tour Golf**
1.00 AM **Formula 1** Highlights.
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **ATP & WTA Tour**

TNT Sports 1

410 413 521 408 430

6.30 AM **Premier League**
9.30 **Serie A – Full Impact**
10.00 **LIVE Winter Olympic Games – Alpine Skiing** Coverage from the women's Super G staged at Tofane Alpine Skiing Centre.
12.45 PM **TNT Sports Reload**
1.00 **Discovery Golf**
1.30 **Serie A: Full Impact**
2.00 **Premier League** A chance to see Manchester City v Fulham. **3.30** Sunderland v Liverpool. **5.00** A chance to see Aston Villa v Brighton & Hove Albion.
6.30 **Premier League: Big Interview**
7.00 **LIVE Premier League Brentford v Arsenal.** Coverage of the top-flight match from the Gtech Community Stadium, as the visitors go in search of another three points in their quest to win their first Premier League title since 2004. Kick-off **8.00pm**.
10.30 **The Big Interview**
11.00 **LIV Golf** Action from the first day of the second round of the season in Australia.
12.30 **to 6.30** AM **LIVE LIV Golf** Coverage from the second day of the second round of the season at The Grange Golf Club in Adelaide.

TNT Sports 2

411 414 522 409 431

6.00 AM **Winter Olympic Games**
7.30 **Buongiorno Milano**
8.30 **LIVE Winter Olympic Games – Skeleton** Coverage from heat one of the men's skeleton. **9.30** Coverage of day six in Italy. **10.00 Skeleton** Coverage from heat two of the men's skeleton. **11.00 Freestyle Skiing** The final of the men's moguls. **12.30** PM **Snowboarding** The men's snowboard cross final. **2.15 Curling** **Great Britain v Sweden.** The men's round robin game. **4.00 Speed Skating** Coverage from the women's 5,000m race. **5.00** Further coverage of day six. **6.00 Curling** **China v Great Britain.** The women's round robin match at Cortina Curling Olympic Stadium. **9.00 Ice Hockey** **Latvia v USA.** The men's preliminary round Group C match.
10.45 **Ciao Cortina** The latest news.
11.15 **Athletes to Watch**
11.30 **Winter Olympic Games**
2.30 AM **Ciao Cortina**
3.00 **to 6.00** AM **Winter Olympic Games**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Super League**
9.00 **LIVE NRL** **Dolphins v Gold Coast Titans.** The pre-season match from Kayo Stadium. Kick-off **9.00am**.
11.00 **Super League Highlights**
11.30 **World Club Challenge**
11.45 **Super League Highlights**
12.00 NOON **NFL Highlights**
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
5.00 **Super League Highlights**
5.30 **World Club Challenge**
5.45 **Super League Highlights**
6.00 **LIVE Premier League Darts** Coverage of the second night staged at AFAS Dome in Antwerp, Belgium, featuring the quarter-finals, semi-finals and a final.
10.00 **Super League Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **NFL Bitesize Highlights**
2.00 **LIVE NBA Rising Stars** The Rising Stars tournament at the NBA All-Star Weekend.
4.00 **to 6.00** AM **LIVE HBCU Classic** **Hampton University Pirates v North Carolina A&T Aggies.** Coverage of the NCAA match from KIA Forum. Tip-off **4.00am**.

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
10.00 **Sky Sports FC**
12.00 NOON **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
7.00 PM **LIVE Super League** **York Knights v Hull Kingston Rovers.** Coverage of the opening match of the campaign held at LNER Community Stadium. York were promoted to the Super League for the first time last season, but they face the toughest off tests in their first contest. Rovers had a season to remember last term when they won the treble of the Challenge Cup, League Leaders' Shield and Grand Final. Kick-off **8.00pm**.
10.15 **Hull KR Renaissance** Hull KR set out to bounce back from their Grand Final defeat. **10.45** The Red and Whites face cross-city rivals Hull FC.
11.15 **EFL Greatest Games**
11.30 **Sky Sports News**
1.00 AM **Super League** York Knights v Hull Kingston Rovers.
4.15 **EFL Greatest Games**
4.30 **Sky Sports News**
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Highlights**
8.00 **A-League Highlights**
8.30 **Discovery Golf**
9.00 **LIVE Winter Olympic Games – Freestyle Skiing** Men's moguls.
9.30 **Football** Highlights and features.
11.45 **LIVE Winter Olympic Games – Cross Country Skiing**
1.45 PM **Olympic Features**
3.15 **LIVE Winter Olympic Games – Speed Skating**
5.00 **Serie A – Full Impact**
5.30 **The WRC Magazine**
6.00 **LIVE World Rally Championship** Rally Sweden.
7.45 **LIV Golf** Round two in Adelaide.
9.15 **MotoGP** Season review.
11.15 **Fishing: On the Bank**
12.15 AM **Football** Highlights.
4.00 **TNT Sports Reload**
4.15 **Football** Highlights and features.
5.45 **to 7.45** AM **LIVE A-League Women** **Western Sydney Wanderers v Newcastle Jets.** Kick-off **5.50am**.

TNT Sports 4

414 416 524 411 434

6.00 AM **Fishing: On the Bank**
7.00 **FEI Jumping World Cup**
9.00 **LIVE Winter Olympic Games – Snowboarding** Qualifying for the men's snowboard cross event. **10.15 Curling** **Italy v Switzerland.** The round robin stage of the women's event. **11.00 Ice Hockey** **Switzerland v France.** The men's preliminary round Group A match. **1.00** PM **Curling** **Great Britain v Sweden.** The men's round robin match. **4.00 Ice Hockey** **Czech Republic v Canada.** Men's preliminary round Group A game. **6.15 Snowboarding** The final of the women's snowboard halfpipe. **8.00 Short Track Speed Skating** Coverage from day two held at Milano Ice Skating Arena.
9.15 **Fishing: On the Bank**
10.15 **UFC** Highlights and features.
5.15 **to 6.00** AM **Ally's Social Club**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **LaLiga** Celta Vigo v Athletic Bilbao.
9.00 **Eredivisie Highlights**
10.00 **German Cup** Bayern v Leipzig.
12.00 NOON **Sporting Greats**
1.00 PM **URC in 60** Recent action.
2.00 **SPFL** Hearts v Hibernian.
4.00 **Sporting Countdowns**
4.30 **Scottish Football Social Club**
5.30 **Sporting Greats**
6.00 **German Cup** A chance to see Bayern Munich v RB Leipzig.
8.00 **Sporting Greats** Legendary figures discuss their careers.
8.30 **World of FreeSports**
9.00 **Eredivisie Highlights**
10.00 **LaLiga Match Highlights**
10.25 **LIVE Brasileiro Serie A** **Fluminense v Botafogo.** Coverage of the match from Maracanã. Kick-off **10.30pm**.
12.30 AM **Sporting Countdowns**
1.00 **LaLiga** Alavés v Getafe.
3.00 **Sporting Greats**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Premier Sports 2

420 552

6.00 AM **Argentine Primera** Another chance to see River Plate v Tigre.
8.00 **Temples of Sport**
9.00 **German Cup** A chance to see Bayern Munich v RB Leipzig.
11.00 **Football's Greatest**
12.00 NOON **Coppa Italia** Another chance to see Bologna v Lazio.
2.00 PM **Football's Greatest** The finest players discuss their careers.
2.30 **Motorsport** Drew Gibson.
3.30 **Brasileiro Serie A** Another chance to see Vitoria v Flamengo.
5.30 **German Cup** A chance to see Bayern Munich v RB Leipzig.
7.30 **Football's Greatest** The finest players discuss their careers.
8.30 **LaLiga** Another chance to see Rayo Vallecano v Real Oviedo.
10.30 **Coppa Italia** Bologna v Lazio.
12.30 AM **Temples of Sport**
1.00 **Coppa Italia** Atalanta v Juventus.
3.00 **Temples of Sport**
3.30 **Swedish Hockey League**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Highlights.
8.30 **Ted's Notebook**
9.00 **Formula 1** Action from Bahrain.
10.00 **Testing Wrap**
10.30 **Ted's Notebook**
11.00 **Formula 1** Pre-season testing.
12.00 NOON **Testing Wrap**
12.30 PM **Ted's Notebook**
1.00 **Formula 1** Action from Bahrain.
2.00 **Testing Wrap**
2.30 **Ted's Notebook**
3.00 **LIVE Formula 1** Coverage of the second session of the second day of pre-season testing staged at Bahrain International Circuit.
4.00 **F1 Features**
4.30 **Formula 1** Highlights.
8.00 **Testing Wrap**
8.30 **Ted's Notebook**
9.00 **Formula 1** Pre-season testing.
10.00 **Testing Wrap**
10.30 **Ted's Notebook**
11.00 **Formula 1** Action from Bahrain.
12.00 M'T **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

13 February

Evening Planner

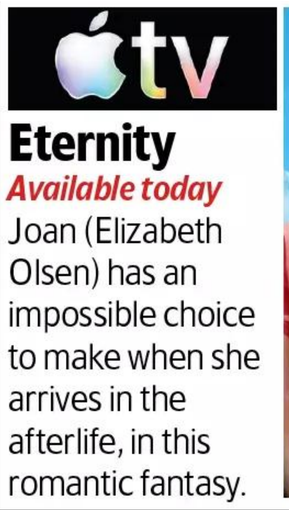
Winter Sports

Winter Olympics
BBC1/2, TNT Sports, Discovery+, from 9am
Downhill skier and home crowd favourite Sofia Goggia (Italy) takes to the slopes for the women's Super-Giant slalom.

Football

FA Cup: Fourth Round
BBC1, BBC Wales, TNT Sports 1, BBC iPlayer & Discovery+, k-o 7.45pm
The latest stage kicks off with Hull City v Chelsea and Wrexham v Ipswich.

OnDemand



Eternity
Available today
Joan (Elizabeth Olsen) has an impossible choice to make when she arrives in the afterlife, in this romantic fantasy.

OnDemand

Jesy Nelson: Life after Little Mix
Available today
The singer talks openly about her mental health struggles and becoming a mum.

Friday

SKY EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES								
101 BBC1	7.00 The One Show	7.30 Match of the Day: The FA Cup – Live: Hull City v Chelsea (Kick-off 7.45)					10.00 News; Local News	10.40 Graham...
102 BBC2	◂ 5.15 Winter Olympics – Live: The concluding coverage of day seven						10.00 Live at the...	10.30 Newsnight
103 ITV1	◂ 6.30 News	7.30 It'll Be... †	8.00 Emmerdale	8.30 Coronation...	9.00 Devil in Disguise: John Wayne Gacy		10.05 News; Local News	
104 CHANNEL 4	7.00 News		8.00 Frontline: Our Soldiers Facing Putin		9.00 Gogglebox		10.00 The Last Leg	
105 5	7.00 Capri: Jewel of the Med		8.00 Holyroodhouse: A Royal Residence		9.00 The 1970s: Those Were the Days			10.30 ABBA...
106 SKY SHOWCASE	7.00 The Simpsons		8.00 A League of Their Own: The Rally		9.00 Ted			10.30 Lucy...
ENTERTAINMENT								
115 BBC3	7.05 Deadly 60		8.00 Top Gear		9.00 Guy Montgomery's Guy Mont-Spelling Bee Australia			10.40 Traitors...
116 BBC4	7.00 TOTP: 1999		8.00 TOTP: 1979	8.35 TOTP: 1987	9.05 TOTP: 1976		10.20 Heartbreakers at the...	
118 ITV2	7.00 Deal or No Deal		8.00 The Real Housewives of Orange County		9.00 Love Island: All Stars		10.05 Olivia Attwood: Getting Filthy Rich	
136 MORE4	◂ 6.55 Car S.O.S.	7.55 The Dog House			9.00 Astrid: Murder in Paris		10.05 24 Hours in A&E	
135 E4	7.00 The Simpsons		8.00 First Dates: Valentine's Special		9.00 Film: Meet the Fockers			
107 SKY WITNESS	7.00 Police 24/7		8.00 Law & Order: Criminal Intent				10.00 Matlock	
108 SKY ATLANTIC	◂ 6.40 Game of Thrones				9.00 Under Salt Marsh		10.05 Task	
110 U&GOLD	7.00 Dad's Army			8.20 Porridge	9.00 dinnerladies	9.35 Victoria Wood as Seen on...	10.20 Not Going Out	
111 U&DAVE	7.00 Would I Lie to You? At...	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
119 ITV3	◂ 6.55 Heartbeat		8.00 Doc Martin				10.00 Endeavour	
120 ITV4	7.00 American Pickers		8.00 Ice Road Truckers				10.00 Wrestling: AEW Dynamite	
112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 Kevin Bridges – The Story Continues	
152 SKY SCI-FI	7.00 Star Trek: Deep Space Nine		8.00 Stargate SG-1		9.00 Westworld			
113 SKY MAX	◂ 6.10 TV's Greatest Game Shows		8.10 Never Mind the Buzzcocks		9.00 An Idiot Abroad		10.00 The 00s: Cinema's Greatest Decade	
109 U&ALIBI	7.00 Miss Fisher's Murder Mysteries		8.00 Death in Paradise		9.00 CSI: Vegas		10.00 I, Jack Wright	
124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Bee Gees: One Night Only			
132 U&W	7.00 Pete Wicks: For Dogs' Sake		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY								
125 DISCOVERY	7.00 Wheeler Dealers		8.00 Gold Rush		9.00 Expedition Files		10.00 Expedition Unknown	
162 ANIMAL PLANET	7.00 Treehouse Masters: Out on a Limb		8.00 100 Days Wild		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
129 NAT GEO	7.00 Air Crash Investigation						10.00 Miracle Landing on the Hudson	
123 SKY HISTORY	7.00 Forged in Fire		8.00 History's Greatest Aircraft		9.00 Soviet Storm: WWII in the East		10.00 Ancient Aliens: Origins	
155 U&YESTERDAY	7.00 Great Canal Journeys		8.00 'Allo 'Allo!				10.00 Bangers & Cash	
121 SKY DOCS	7.05 The Jinx Part Two		8.00 Super/Man: The Christopher Reeve Story				10.00 Tina	
FILMS - Sky Cinema								
301 PREMIERE	◂ 6.15 Reckless		8.00 M3GAN 2.0				10.10 The Toxic Avenger	
302 VALENTINES	◂ 6.20 Just Friends		8.00 Love Actually					10.20 American Pie: The...
303 BUDDY FILMS	◂ 6.05 The Hangover Part III		8.00 Talladega Nights: The Ballad of Ricky Bobby				10.10 Role Models	
304 GREATS	◂ 6.20 Police Academy		8.00 Police Academy 2: Their First Assignment			9.30 Police Academy 3: Back in Training		
305 ANIMATION	◂ 5.45 The Lego Batman Movie	7.45 Scoob!				9.30 Despicable Me 4		
306 FAMILY	◂ 6.00 Lemony Snicket's A Series...	7.50 The Cat in the Hat			9.20 IF			
307 ACTION	◂ 5.55 Indiana Jones and the Kingdom of...		8.00 Batman & Robin				10.05 Transformers: Dark of the Moon	
308 COMEDY	◂ 6.30 The Naked Gun		8.00 The Naked Gun 2½: The Smell of Fear			9.30 The Naked Gun 33⅓: The Final Insult		
309 THRILLER	◂ 5.40 Vanilla Sky		8.00 The Bourne Identity				10.00 Pulp Fiction	
310 DRAMA	◂ 5.55 An Officer and a Gentleman		8.00 American Sniper				10.15 I, Tonya	
311 SCI-FI	◂ 6.15 I Am Legend		8.00 The Shining					10.25 Mad Max Beyond...
313 FILM4	◂ 6.45 Independence Day: Resurgence				9.00 Kingsman: The Golden Circle			
SPORT								
401 MAIN EVENT	◂ 5.00 Golf – Live	7.30 Super League...	8.00 PGA Tour Golf – Live: The AT&T Pebble Beach Pro-Am. Coverage of day two from Pebble Beach Golf Links in California					
402 PREMIER LEAGUE	7.00 Transfer 360		8.00 PL Stories	8.30 Big Interview	9.00 PL Review		10.00 PL Stories	10.30 Netbusters
403 FOOTBALL	7.00 EFL Highlights	7.30 EFL Cup Highlights		8.30 EFL Goals		9.30 WSL		10.30 SPFL Round-Up
405 CRICKET	7.00 ICC Men's T20 World Cup							
410 TNT SPORTS 1	7.00 Emirates FA Cup – Live: Hull City v Chelsea (Kick-off 7.45)						10.00 UEFA Magazine	10.30 World Rally...
411 TNT SPORTS 2	◂ 6.00 Winter Olympic Games – Live: Coverage of Skeleton and Figure Skating at 9.15							10.30 Ciao Cortina

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

SUBSCRIPTION OFFER: 6 ISSUES FOR £1*
Simply visit: magazinesdirect.com/xts/dj94x
*Terms & conditions: magazinesdirect.com/terms.

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
8.00 **LIVE Winter Olympics** Hazel Irvine presents the opening coverage of events on day seven from Italy. Great Britain's men's curlers play their latest round-robin match against Italy at Cortina Curling Olympic Stadium. *Coverage continues on BBC2.* (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Winter Olympics** Jeanette Kwakye presents further coverage of day seven, as Great Britain's women's curling team face South Korea in a round-robin match. *Coverage continues on BBC2.* (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

10.40 The Graham Norton Show

7 PM

7.00 **The One Show** Lauren Laverne and JB Gill present the topical show. (S)
7.30 **LIVE Match of the Day: FA Cup Football** Hull City v Chelsea: Coverage of the fourth-round tie from the MKM Stadium. The match sees Chelsea boss Liam Rosenior return to the team he managed from November 2022 until May 2024, and he will be expecting nothing less than a win as his new club look to lift the trophy for the first time since 2018. However, Championship outfit Hull have performed well this term under Sergej Jakirovic and will be looking to cause a major upset. Kick-off is at 7.45. (S)
■ Wrexham v Ipswich (k-o 7.45pm) is on BBC iPlayer

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **The Graham Norton Show** New edition The host catches up with actors Stephen Graham, Kaley Cuoco and Adrian Lester. Plus, Gorillaz perform *Orange County*. (S)
11.30 **RuPaul's Drag Race UK vs the World** 3/8. The queens showcase their celebrity impressions and improvisation skills in the Snatch Game – with a twist. (S)(R)
12.45 AM **FILM I Give It a Year** Offbeat romantic comedy starring Rose Byrne and Rafe Spall. A newly married couple's relationship comes under strain. With Anna Faris. (S)(AD) (2013, 15, 90min) ★★★
2.15 **Weather for the Week Ahead** (S)
2.20 **to 2.20** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.15 AM **Pointless** Quiz show. (S)(R)
7.00 **Sign Zone: Clive Myrie's African Adventure** Double bill. (S)(R)(AD)
8.00 **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Dr Xand's Con or Cure** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **LIVE Winter Olympics** Further coverage of day seven from Italy, including the final rounds of the women's snowboard cross from Livigno Snow Park. *Coverage continues on BBC1.* (S)
2.00 **Political Thinking with Nick Robinson** Topical discussion. (S)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Escape to the Country** From the Gower Peninsula in Wales. (S)(R)
4.15 **Flog It!** Paul Martin presents from De Montfort Hall in Leicester. (S)(R)

11.00 Moulin Rouge

5.15 **LIVE Winter Olympics** Clare Balding presents the concluding coverage of day seven of the 25th staging of the Games, with events taking place in Cortina and Milan, Italy. The men's skeleton could provide a British Olympic champion for the first time, with world champion Matt Weston and silver medallist Marcus Wyatt going for glory at Cortina Sliding Centre. The men's half-pipe snowboard final also takes place at Livigno Snow Park, with defending champion Ayumu Hirano leading a strong Japanese contingent. In figure skating, American Ilia Malinin will be going for gold at Milano Ice Skating Arena. The two-time world title-winner remains the only skater to have landed a quadruple Axel in competition. (S)
10.00 **Live at the Apollo** Host Tim Renkow welcomes comedians Janine Harouni and Stuart Goldsmith to London's Hammersmith Apollo. (S)(R)
10.30 **Newsnight** (S)
11.00 **FILM Moulin Rouge!** Baz Luhrmann's romantic musical starring Ewan McGregor and Nicole Kidman. A young English writer falls in love with a beautiful actress in 1899 Paris. (S) (2001, 12, 120min) ★★★★
1.00 AM **Sign Zone: Knife Crime – What Happened to Our Boys?** (R)
2.00 **Sign Zone: Winterwatch** (S)(R)
3.00 **Sign Zone: Reform – Ready to Rule?** (S)(R)(AD)
4.00 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David and his team are at the National Motorcycle Museum in Solihull, where Simon Schneider is under pressure to pay more than he wants to for some gold. (S)(R)(AD)
3.00 **Riddiculous** New edition Quiz show hosted by Ranvir Singh. (S)
4.00 **Deal or No Deal** New edition Contestant Stephen takes on the infamous Banker. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.30 Coronation Street

7.30 **It'll Be Alright on the Night** New edition Tom Allen presents another compilation of clangers, featuring the likes of Ryan Gosling, Stephen Fry, Damian Lewis, Alison Hammond, Alan Titchmarsh and Amanda Holden. (S)(AD)
8.00 **Emmerdale** Bear suffers from severe guilt, while Dylan is distressed and April struggles. (S)(AD)
8.30 **Coronation Street** Daniel encounters the man who was jailed for attacking him at Christmas. (S)(AD)
9.00 **Devil in Disguise: John Wayne Gacy** New episode *Samuel and Randy:* 3/8. A media circus begins as Amirante questions whether defending Gacy is the right choice or not. (S)(AD)
■ Entire series on ITVX
10.05 **ITV News** (S)
10.35 **Local News** (S)
10.50 **The Murder of Abi Fisher: Social Media Murders** Police investigate the disappearance of 29-year-old teacher Abi Fisher. (S)(R)(AD)
11.45 **The Jonathan Ross Show** The chat show returns, with the first edition featuring Hugh Bonneville, Riz Ahmed, Ellie Kildunne and Harriet Kemsley. Plus, music by Jason Derulo. (S)(R)
12.35 AM **Teleshopping**
3.00 **The Summit** 1/8. Fourteen people try to climb one of New Zealand's highest peaks. (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.10 **to 6.00** AM **Deal or No Deal** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 19-21/26. (S8) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 1-4/24. (S2) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** New edition In Romania, Jim and Sally hope their new cordial recipe will impress the locals. (S)
5.00 **Chateau DIY: Win the Dream** New edition The final of the third heat sees the last two pairs face their biggest test yet – hosting a food-and-wine pairing event. (S)
6.00 **A Place in the Sun** New edition A couple look for a holiday home in La Cala de Mijas, Spain. (S)

9.00 Gogglebox

7.00 **News** (S)
8.00 **Frontline: Our Soldiers Facing Putin** Series finale 2/2. Exploring the rooms, command centres and the trenches where Europe's fate is being decided at a pivotal point in the West's relationship with Russia. (S)(AD)
9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)
10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by actor Brian Cox and singer Marcus Mumford for a comic review of the significant moments from the past seven days. (S)
11.05 **First Dates: Be My Valentine** Former *Gogglebox* star Daniel meets paramedic Simon. (S)(R)(AD)
12.10 AM **FILM Queenpins** Crime comedy starring Kristen Bell. (S)(AD) (2021, 15, 110min) ★★★★
2.00 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
2.50 **Four in a Bed** Five editions. (S)(R)
5.10 **Find It, Fix It, Flog It** (S)(R)
5.25 **to 6.00** AM **Couples Come Dine with Me** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **The Good Ship Murder** *Casablanca:* 3/8. A charity helping street kids is mired in scandal. (S1) (S)(R)(AD)
4.00 **Bargain-Loving Brits in the Sun** New edition The Truscott family continue renovations at their hotel. (S)
5.00 **News** (S)
6.00 **Love Nature** Series finale 10/10. From Druridge Bay. (S)
6.05 **The Motorway** Extreme snow hits the West Midlands and causes chaos on the M6. (S)(R)
6.55 **News** (S)

8.00 Holyroodhouse

7.00 **Capri: Jewel of the Med** New edition Cameras focus on one of the Mediterranean's smallest inhabited islands, which attracts almost two million visitors per year. (S)
7.55 **News** (S)
8.00 **NEW Holyroodhouse: A Royal Residence** A profile of King Charles' official royal residence in Scotland, offering a glimpse into centuries of regal history, intrigue and architectural splendour. (S)
9.00 **The 1970s: Those Were the Days** 2/2. A look back at life in the mid to late 1970s, from the red, white and blue street parties of the Silver Jubilee and the explosion of punk, to the birth of Saturday morning TV with *Multi-Coloured Swap Shop*. (S)(R)
10.30 **ABBA: Legends of Pop** A profile of the influential Swedish group, who rose to fame after winning the 1974 Eurovision Song Contest, and dominated the charts for years afterwards. (S)(R)
11.30 **Piers Morgan: Uncensored** New edition Opinion-led news and debate show. (S)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Friends** 5/25. Isabella Rossellini makes Ross's day. (S3) (S)(R)
3.45 **Save Money on Your Supermarket Shop** (S)(R)
4.35 **Amazing Railway Adventures with Nick Knowles** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S8) (S)(R)
11.00 **Wildlife ER** (S)(R)
12.00 NOON **The Flash** (S9) (S)(R)
1.00 PM **A League of Their Own** (R)
2.00 **S.W.A.T.** 18/18. (S4) (S)(R)(AD)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **The Simpsons** *Flaming Moe's:* Moe steals Homer's idea for a new cocktail. (S)(R)
5.30 **The Office (US)** 6/25. Michael encourages everyone to celebrate Diwali. (S)(R) **6.00** 7/25. Michael learns the branch faces closure. (S)(R) **6.30** 8/25. The Scranton and Stamford branches are merged, reuniting Jim and Pam after several months apart. (S3) (S)(R)

10.30 Lucy Beaumont: Live from...

7.00 **The Simpsons** *The Way We Was:* Marge tells Bart and Lisa the story of how she met Homer. (S)(R) **7.30** *I'm with Cupid:* Valentine's Day-themed episode. Apu showers his wife with gifts. (S)(R)
8.00 **A League of Their Own: The Rally** 1/3. Jamie Redknapp, Jill Scott, Micah Richards and Tom Davis compete in the ALOTO Rally Cup, making their way in pairs from London to Turin. (S)(R)(AD)
9.00 **Ted** *Subway, Bicycles and Automobiles:* 5/8. Ted's plan to spend Halloween with John is thwarted. (S)(R)(AD) **9.45** *Desperately Seeking Susan:* 6/8. Blaire asks Matty and Susan to be their marriage therapist. Meanwhile, Susan pursues a past career. (S1) (S)(R)(AD)
10.30 **Lucy Beaumont: Live from the Royal Court Theatre** A stand-up performance by the comedian, featuring a journey through modern-day womanhood. (S)(R)
11.30 **True Blood** 9/12. Bill breaks a vampire taboo by protecting Sookie, while Tara consults with Miss Jeanette to cure her own problems. (S)(R) **12.30** AM 10/12. Sam shares his secret with Sookie. (S1) (S)(R)
1.30 **Sex and the City** (S3) (S)(R)
2.40 **Road Wars** (S)(R)
3.05 **S.W.A.T.** 18/18. (S4) (S)(R)(AD)
4.00 **Magnum P.I.** (S5) (S)(R)(AD)
5.00 **to 6.00** AM **Highway Patrol** (R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
11.30pm The Chief (S)(R) **12.00m't** RuPaul's Drag Race UK vs the World (S)(R) **1.15am** FILM I Give It a Year (S)(AD) (2013, 15, 90min) ★★★ **2.45** Weather for the Week Ahead (S) **2.50-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
6.55-7.00pm Party Political Broadcast (S)(R)

WALES
Sky 965, Virgin 864, Freesat 965
7.30pm Best of Weatherman Walking (S)(R) **7.40-10.00pm** LIVE Match of the Day Wales (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm House of the Year (S)(R)

WALES
Sky 968, Freesat 968
10.00-10.30pm Scrum V Top 5 – Gavin Henson (S)(R)

ITV1

As main ITV1 except:

WALES
7.00pm Vanished Wales New edition (S) **7.30-8.00pm** Wales This Week New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Bois y Pizza: Chwe' Gwlad (AD) **1.30** Arfordir Cymru: Llyn **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Deis **6.30** Y Deis **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Ken Owens: Y Sheriff **8.55** Newyddion a'r Tywydd **9.00** Sgwrs Dan y Lloer **10.00** NEW Yr Alwad **10.20** Colli Dy Dafod **10.50-11.55pm** Jonathan

TV&Satellite week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall tracks down rattlesnakes in the Arizona desert. **7.30** A search for alligators, snakes and predatory turtles in the swamps of Louisiana.
8.00 **Top Gear** James May takes the LaFerrari hypercar out for a spin in Italy.
9.00 **Guy Montgomery's Guy Mont-Spelling Bee Australia** New editions 3/8. Tim Minchin, Cameron James, Jenny Tian and Nazeem Hussein compete. **9.50** 4/8. With Steph Tisdell, Wil Anderson, Demi Lardner and Cameron James. ■ Entire series on BBC iPlayer
10.40 **The Traitors Ireland** 7/12. Siobhán McSweeney has a shocking twist in store. **11.30** 8/12. The Traitors try to rebuild as suspicions and accusations run rife.
12.20 AM **Dinosaur** 1&2/6. (S2)
1.15 **Sin City: The Real Las Vegas** 1&2/2. Documentary.
2.45 **Top Gear** As 8.00pm.
3.45 **to 4.00** AM **Zen Motoring**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1999** Featuring Cartoons, Des'ree, New Radicals and Billie Piper. **7.30** With Catatonia, Mariah Carey, Another Level, Phats & Small and Eminem.
8.00 **TOTP: 1979** Performances from Generation X, The Dooleys, Alan Price, Pretenders and Lene Lovich.
8.35 **TOTP: 1987** Featuring Level 42, Ben E King, Aretha Franklin and George Michael.
9.05 **TOTP: 1976** Performances by Johnny Nash, Pilot, Art Garfunkel and Bryan Ferry. **9.45** Featuring The Real Thing, Candi Staton, Billy Ocean and 5000 Volts.
10.20 **Heartbreakers at the BBC** A selection of classic heartbreak songs from the BBC archive.
11.20 **Heartbreakers at the BBC: Volume 2**
12.20 AM **Heartbreakers at the BBC: Volume 3**
1.20 **The Kate Bush Story: Running Up That Hill**
2.20 **Kate Bush at the BBC**
3.20 **to 3.50** AM **TOTP: 1976**

MORE4

136/137 127 147 18 124 15

8.55 AM **Strangers on a Plane**
9.30 **Find It, Fix It, Flog It**
10.25 **A Place in the Sun**
11.30 **Come Dine with Me**
2.10 PM **Four in a Bed**
4.50 **A Place in the Sun** House-hunting in Mojacar, Spain.
5.55 **Car S.O.S** Fuzz Townshend and Tim Shaw restore a 1972 Ford Escort Mexico. **6.55** Fuzz and Tim secretly restore a 1983 Citroën 2CV, only to find that it has already been stripped down to its component parts.
7.55 **The Dog House** A girl with Tourette's needs a special pup to stand by her side, while it's love at first sight for seven-year-old Lottie and cockapoo puppy Annie.
9.00 **Astrid: Murder in Paris** New episode *The Last of the Aztecs:* Astrid and Raphaëlle immerse themselves in the world of art trafficking when a famous archaeologist is found with his heart ripped out in an apparent Aztec ritual sacrifice. Subtitled. (S5)
10.05 **24 Hours in A&E** A woman is brought in after crashing her car into a tree.
11.05 **24 Hours in A&E**
12.10 AM **999: On the Front Line** Documentary.
1.15 **The Gulf** 7/8. (S2)
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
9.00 **The Goldbergs**
10.00 **Modern Family**
11.00 **Ramsay's Kitchen Nightmares USA**
1.00 PM **Brooklyn Nine-Nine**
2.00 **The Simpsons**
3.00 **The Goldbergs**
4.00 **Modern Family**
5.00 **Brooklyn Nine-Nine**
6.00 **The Simpsons**
7.00 **The Simpsons** *P.S. I Hate You:* Marge goes to extreme lengths to preserve her reputation as a nice person. **7.30** *Friend with Benefit:* Lisa becomes friends with a new girl at school whose father is a billionaire.
8.00 **First Dates: Valentine's Special** Hopefuls including a London mother and son hoping for a double dose of Valentine's Day magic.
9.00 FILM **Meet the Fockers** Comedy sequel starring Robert De Niro, Ben Stiller and Dustin Hoffman. (2004, 12, 115min) ★★★
11.20 **Naked Attraction**
1.25 AM **Gogglebox**
2.30 **First Dates: Valentine's Special** As 8.00pm.
3.25 **Naked Attraction**
4.15 **The Goldbergs**
5.05 **to 6.00** AM **Don't Tell the Bride**

+1 hr 235/236 306 30 123 256

Instagram.com/TVSatelliteWeek

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Nothing to Declare**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: Canada's Front Line** Double bill.
11.00 **A1: Britain's Longest Road**
12.00 NOON **FBI** 14/22. (S5)
1.00 PM **The Rookie** Triple bill of episodes, including at: **3.00** 11/18. Tim challenges Lucy's decision-making. (S7)
4.00 **Law & Order: Criminal Intent** 19/22. A Russian Mob leader's daughter is killed. (S1)
5.00 **Nothing to Declare**

7.00 Police 24/7

7 PM

7.00 **Police 24/7** Officers rush to help a woman involved in a domestic dispute, and a man threatens to jump off the side of a building.

8 PM

8.00 **Law & Order: Criminal Intent** *All In:* 13/16. A gifted poker player finds himself implicated in a man's murder.

9 PM

9.00 **Law & Order: Criminal Intent** *Major Case:* 14/16. Nichols calls on the help of a forensic scientist he greatly admires. (S8)

10 PM

10.00 **Matlock** *Harm Reduction:* 6/16. Matty and Olympia test the boundaries of their friendship while helping a group of nuns. (S2)
11.00 **The Rookie** 16/22. (S4)
12.00 M'T **FBI** 13/22. (S5)
1.00 AM **Law & Order: Criminal...**
2.00 **The Rookie** 14/18. (S7)
3.00 **FBI** 15/22. (S5)
4.00 **The Good Doctor** 12/18. (S5)
5.00 **to 6.00** AM **The Force: Manchester**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Fish Town**
8.00 **True Blood** (S1)
10.10 **The Sopranos** (S5)
12.20 PM **Game of Thrones** (S6)
2.30 **The Wire** 7/10. Omar sends Marlo a grisly message. **3.35** 8/10. Carcetti makes a deal with Senator Davis. (S5)
4.40 **Westworld** 2/8. Christina investigates Peter Myers, and William announces a new Delos venture. (S4)
5.40 **Deadwood** As 11.15pm.
6.40 **Game of Thrones** 9/10. Davos loses something dear. (S6)

10.05 Task

7.50 **Game of Thrones** *The Winds of Winter:* 10/10. As Cersei awaits judgement, Walder Frey and Jaime celebrate at Riverrun. Meanwhile, winter finally arrives. (S6)

9.00 **Under Salt Marsh** New episode 4/6. Bull finds himself faced with two cases that are undeniably linked. (S1)

10.05 **Task** *Nobody's Stronger Than Forgiveness:* 3/7. Aleah and Lizzie question Peaches' former co-workers. (S1)
11.15 **Deadwood** 6/12. Bullock and Swearengen contemplate a pre-emptive strike against Hearst, whose anger has been inflamed of late. (S3)
12.20 AM **The Sopranos** (S5)
2.35 **Game of Thrones** (S6)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Highway Patrol**
7.00 **Hawaii Five-0** 22/22. (S10)
8.00 **The Flash** 9/13. (S9)
9.00 **Hold the Front Page**
10.00 **Rob Beckett's Smart TV**
11.00 **Karl Pilkington: The Moaning of Life** Art.
12.00 NOON **The Flash** 10/13. (S9)
1.00 PM **Hold the Front Page**
2.00 **Rob Beckett's Smart TV**
3.05 **S.W.A.T.** 18/18. (S4)
4.10 **A League of Their Own Road Trip: Dingle to Dover**
5.10 **Karl Pilkington: The Moaning of Life** Art.

6.10 TV's Greatest Game Shows

6.10 **TV's Greatest Game Shows** Roy Walker is joined by famous faces and past competitors to explore what makes game shows great.

8.10 **Never Mind the Buzzcocks** With Harriet Kemsley, DJ Target, Carl Barât and Pete Doherty.

9.00 **An Idiot Abroad** 7/8. Karl Pilkington heads to Peru, where he takes in the ancient Inca city of Machu Picchu.

10.00 **The 00s: Cinema's Greatest Decade** Alex Zane examines the merits of films from the 2000s.

11.00 **Fear the Walking Dead** 15/16. Nick discovers a new threat descending on the dam. **12.00** M'T 16/16. Strand's loyalty is tested when the dam clashes with an adversary. (S3)
1.00 AM **The Force: North East**
2.00 **Road Wars**
3.00 **S.W.A.T.** 18/18. (S4)
4.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.30 **Celebrity Dinner Date**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Miami**
11.20 **Real Housewives of Beverly Hills** Reality series.
12.15 PM **Dinner Date**
2.15 **The Only Way Is Essex**
3.15 **Real Housewives of Orange County** Reality series.
4.10 **Real Housewives of Miami**
5.00 **Real Housewives of Beverly Hills** Reality series.
6.00 **Celebrity Catchphrase**

10.05 Getting Filthy Rich

7.00 **Deal or No Deal** Stephen Mulhern hosts as Brogan takes on the banker for the chance to win life-changing money.

8.00 **The Real Housewives of Orange County** New edition The ladies go on duelling trips, and Heather hosts a sleepover.

9.00 **Love Island: All Stars** New edition Famous former Islanders are given another shot at finding the one.

10.05 **Olivia Attwood: Getting Filthy Rich** 4/6. Olivia travels to Las Vegas to see if the sex industry really is bigger and better.
11.05 **Family Guy** 12/20. Peter starts working at a massage parlour. **11.35** 6/20. Chris is sent to a vocational school. (S17)
12.05 AM **American Dad!** (S14)
1.05 **Bob's Burgers** (S12)
2.05 **American Dad!** 20/20. (S4)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Never the Twain**
6.30 **On the Buses**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **Inspector Morse**
11.20 **Heartbeat** Double bill.
1.30 PM **Foyle's War** *The Hide:* Foyle helps a man sentenced to hang for treason.
3.30 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Where There's Smoke:* Phil and Geoff keep an illegal gambling club under close surveillance.

9.00 Doc Martin

6.55 **Heartbeat** *Laying the Ghost:* Intrigue spreads among the residents of Aidensfield as a newcomer causes havoc.

8.00 **Doc Martin** *Always on My Mind:* 5/9. Martin is accused of murder by the husband of a woman who died in his care.

9.00 **Doc Martin** *The Family Way:* 6/9. The doctor is surprised when his parents pay a visit out of the blue. (S2)

10.00 **Endeavour** *Canticle:* The detective investigates the death of a bricklayer working on a controversial singer's house.
11.50 **Trial & Retribution** 1/10. Part one of two. The body of a high-class prostitute is found in an abandoned suitcase. **12.50** AM 2/10. Part two of two. Maryna stands trial for her attack on Malikov. (S11)
1.50 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **Sportscene: Championship Football** Airdrieonians v St Johnstone: Coverage of the second-tier match from Excelsior Stadium. Kick-off is at 7.45.
10.00 **Still Game** 3/6. Methadone Mick reveals he has a job interview, so Jack and Victor pull out all the stops to give him a makeover and find him a suit. (S7
10.30 **Two Doors Down** 6/6. When Eric gets an excellent report from his health check, he and Beth decide to celebrate by booking their first holiday abroad in seven years. (S1)
11.00 PM **to 12.00** M'T **Paul Black: Nostalgia** A stand-up show at the Music Hall in Aberdeen.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S3)
9.00 **Ballers** 7&8/10. (S3)
10.20 **Sex and the City** (S2)
11.30 **Entourage** (S3)
12.30 PM **Will & Grace** (S5)
1.30 **Sex and the City** (S3)
2.45 **Ballers** 9&10/10. (S3)
3.55 **And Just Like That...**
4.45 **The Office (US)** (S3)
5.45 **Will & Grace** (S5)
6.40 **Community** (S5)
7.50 **Sex and the City** 1/18. Samantha fulfils her fireman fantasy. **8.25** 2/18. A politician lobbies Carrie. (S3)
9.00 **Amy Schumer: Live at the Apollo** Stand-up.
10.15 **And Just Like That...** *There Goes the Neighbourhood:* 9/11. Carrie makes a big decision. (S2)
11.05 **Community** (S6)
12.15 AM **Entourage** (S3)
1.15 **Ballers** 9&10/10. (S3)
2.25 **Curb Your Enthusiasm**
3.50 **to 5.00** AM **Silicon Valley**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Mozart's Sister**
8.10 **The Joy of Painting**
9.10 **Tales of the Unexpected**
10.10 **Hitchcock Presents**
11.10 **The Directors**
12.05 PM **Discovering**
1.00 **Tales of the Unexpected**
2.00 **Painting Birds with Jim and Nancy Moir**
3.00 **Landscape Artist of the Year National Trust Favourites**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults** Focusing on 1983.
9.00 **Bee Gees: One Night Only** From 1997.
11.10 **Bee Gees: In Our Own Time** Documentary.
12.30 AM **Women Who Rock**
1.45 **Led Zeppelin: In the Light** Documentary.
3.05 **Greatest Albums Live**
4.45 **to 6.00** AM **National Trust: Garden Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: Canada's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Stargate Atlantis** (S5)
5.00 **Stargate SG-1** (S2)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** *Attached:* 8/26. Sci-fi drama. (S7)
8.00 **Primeval** 2/6. Cutter investigates an invasion of giant spiders. (S1)
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Grimm** 13/22. (S5)
12.00 M'T **Wynonna Earp** (S4)
1.00 AM **Night Cops**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **The Force: North East**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Quiz.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Game show.
3.00 **Ant & Dec's Limitless Win** Engaged couple Zanesh and Melike continue their game.
4.00 **Time Is Money** Quiz hosted by Sara Davies.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Kelly G tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the quiz hosted by Adil Ray.
9.00 **Alan Carr's Epic Gameshow** The comedian hosts an updated version of *Strike It Lucky*, with three pairs trying to navigate their way across a sea of screens, trying to bank prizes and avoid the hotspots.
10.00 **Tipping Point** Triple bill.
12.55 AM **Tenable** Quiz show.
1.50 **to 2.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Find It, Fix It, Flog It**
12.00 NOON **Chateau DIY: Win the Dream**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
6.00 **Location, Location, Location** From Surrey.
7.00 **Devon and Cornwall** The head gardener at Cornwall's Lost Gardens of Heligan sows a crop of meadow flowers.
7.50 **The Great Pottery Throw Down** The seven remaining potters make terracotta tagines.
9.00 **24 Hours in A&E** A 45-year-old has an accident at a fun run.
10.00 **24 Hours in Police Custody** Bedfordshire Police's largest ever operation into abuse.
11.05 **Gogglebox** Double bill.
1.05 AM **Michael Jackson: The Trial** Documentary.
3.15 **to 4.40** AM **Guy Martin's House Without Bills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Big Match Revisited**
8.35 **Magnum, PI**
9.35 **Kojak**
10.35 **Boon**
11.45 **The Sweeney**
12.50 PM **Dempsey and Makepeace**
1.55 **Magnum, PI**
2.55 **Kojak**
4.00 LIVE **Formula E** Coverage of race one of the Jeddah E-Prix held at Jeddah Corniche Circuit. Start-time is at 5.05.
6.35 **River Monsters** Jeremy Wade tracks down a creature that maimed a young man.

1.55 Magnum, PI

7.00 **American Pickers** Mike Wolfe is tempted by a retro smoking toy he finds and needs Frank Fritz's bargaining skills.
8.00 **Ice Road Truckers** Lisa Kelly hauls a load of hazardous waste across Atigun pass without the use of her brakes.
9.00 **Ice Road Truckers** Lisa aims to earn the male drivers' respect as she hauls a tricky car-carrier for the first time.
10.00 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring Jon Moxley.
12.05 AM **Dark Side of the Ring** Startling revelations about the mind of Chris Benoit.
1.00 **The Sweeney**
2.00 **Minder**
3.00 **Teleshopping**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

Sky Sci-Fi

152 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 25/26. (S5)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 26/26. (S5)
2.00 **The Ark** 7&8/12. (S2)
4.00 **Stargate SG-1** 14/22. (S2)
5.00 **Star Trek: Voyager** 2/26. (S2)
6.00 **Star Trek: The Next Generation** 25/26. Picard is stunned by a pulse of energy and finds himself living another man's life. (S5)

6.00 Star Trek: The Next...

7.00 **Star Trek: Deep Space Nine** *A Call to Arms:* 26/26. The crew prepare to face a joint Cardassian and Dominion attack. (S5)
8.00 **Stargate SG-1** *Touchstone:* 14/22. O'Neill and the team uncover a sinister government plot. (S2)
9.00 **Westworld** *The Bicameral Mind:* 10/10. The future of the holiday destination is in question, as its robotic inhabitants develop a code of ethics. (S1)
10.50 **The Leftovers** *The Prodigal Son Returns:* 10/10. Mapleton is plunged into chaos. (S1)
11.50 **Wynonna Earp** 5/12. Purgatory is thrown into chaos. (S3)
12.35 AM **True Blood** 3/12. Sookie searches for Bill in Jackson. **1.35** 4/12. Alcide invites Sookie to join him at a full-moon party. (S3)
2.35 **The Ark** 7&8/12. (S2)
4.10 **Wynonna Earp** As 11.50pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 22/22. (S6)
11.00 **Hudson & Rex** 20/20. (S5)
12.00 NOON **Miss Fisher's Murder Mysteries** 4/8. (S3)
1.00 PM **Death in Paradise** (S4)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Mentalist** 22/22. (S6)
5.00 **Hudson & Rex** 20/20. (S5)
6.00 **Father Brown** *The Blessing of the Father:* Father Brown has to prevent a would-be killer from ruining Mrs Devine and Sullivan's wedding day.

10.00 I, Jack Wright

7.00 **Miss Fisher's Murder Mysteries** *Blood and Money:* 4/8. A street urchin hires Phryne to find his missing brother. (S3)
8.00 **Death in Paradise** *The Perfect Murder:* 6/8. A volleyball player is found murdered. (S4)
9.00 **CSI: Vegas** *Rat Packed:* 3/10. The bodies of Frank Sinatra and Joey Bishop impersonators are discovered. (S3)
10.00 **I, Jack Wright** *Testament:* 6/6. Sally faces the wrath of an increasingly unhinged Arnaud, while Rose shocks Bobby. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **So Help Me Todd** 9/10. Todd works on a secret case with the FBI. (S2)
1.00 AM **Death in Paradise** (S4)
2.00 **Evil** 10/10. (S3)
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
8.35 **The Green Green Grass**
9.15 **Dad's Army**
9.55 **Are You Being Served?**
10.30 **Porridge**
11.10 **Keeping Up Appearances**
11.50 **Last of the Summer Wine**
1.05 PM **The Green Green Grass**
1.40 **Dad's Army**
3.00 **Are You Being Served?**
3.40 **Porridge**
4.20 **Dad's Army**
5.00 **Last of the Summer Wine**
6.20 **Keeping Up Appearances**

6.20 Keeping Up Appearances

7.00 **Dad's Army** Private Pike becomes trapped in the middle of a minefield. **7.40** Walker is caught smuggling Italian PoWs out of camp at night.
8.20 **Porridge** Fletcher thinks Godber would be better off cheating if he wants to pass another O-level.
9.00 **dinnerladies** Work experience day leads to chaos in the canteen.
9.35 **Victoria Wood as Seen on TV** Comedy sketches, including Acorn Antiques and Seasons of Love.
10.20 **Not Going Out** Tim puts the flat on the market following Kate's departure.
11.00 **Keeping Up Appearances** A reluctant Richard helps repair the lights at the church hall.
11.35 **Not Going Out**
12.15 AM **Black Ops**
2.40 **Don't Wait Up**
3.10 **to 4.00** AM **The Green Green Grass**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Hairy Bikers' Best of British** Documentary.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Speed with Guy Martin**
11.00 **Rick Stein's Long Weekends**
12.00 NOON **Bangers & Cash**
2.00 PM **Extreme Fishing with Robson Green** South Australia.
3.00 **Top Gear** Double bill.
5.00 **The Hairy Bikers' Chicken and Egg** The duo sample chicken the French way.
6.00 **Rick Stein's Long Weekends** The chef visits Reykjavik.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You? At Christmas** With guests Bill Bailey, Ruth Jones, Jo Brand and Kelly Holmes.
7.40 **Richard Osman's House of Games** With Louis Emerick and Cally Beaton. **8.20** With Janet Ellis, Suzi Ruffell, Darren Harriott and Radzi Chinyanganya.
9.00 **QI XL** Liza Tarbuck, Phill Jupitus, Sean Lock and Alan Davies tackle Stephen Fry's questions on the subject of games.
10.00 **Have I Got a Bit More News for You** Stephen Mangan hosts the satirical quiz, with guests Janey Godley and Helen Lewis.
11.00 **Taskmaster** Jessica Knappett's sunny outlook on life is tested by a former traffic warden.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
1.20 **Would I Lie to You? At Christmas** As 7.00pm.
2.00 **to 4.00** AM **Mad Dogs**

+1 hour 211/212 327 74 259

Friday 7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 12-14/24. (S3)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Identity Crisis:* 4/19. A cadaver being used for medical research sparks a manhunt. **7.00** *Leap of Faith:* 5/19. A Navy SEAL is shot dead while threatening to jump from a roof. **8.00** *Chimera:* 6/19. A sailor dies in strange circumstances on a research vessel. (S5)
9.00 **Person of Interest** *Search and Destroy:* 19/22. A software company's CEO falls victim to a hacker. **10.00** *Terra Incognita:* 20/22. Reese is badly wounded while trying to protect someone. (S4)
11.00 **Law & Order: Special Victims Unit** (S20&19)
2.45 AM **Instinct** 1/11. (S2)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Shoplifters: Caught Red Handed**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Fare Dodgers: At War with the Law**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** A man who was trapped upside down in his car.
10.00 **999: Emergency Call Out** Tensions flare over who is at fault in a three-car traffic collision.
11.00 **Skin A&E**
12.00 M'T **Nightmare Tenants, Slum Landlords**
2.50 AM **GPs: Behind Closed Doors** Medical series.
3.40 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Traffic Cops**
10.05 **Police Interceptors**
12.05 PM FILM **Seminole** Action Western. (1953, U, 87min) ★★
1.55 FILM **Lawman** Western. (1970, 15, 99min) ★
4.00 **Trucking Heavy**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Tim and Tom team up with Merseyside police to raid a house in Liverpool. **7.00** Dog handler Bob hunts down a suspected knifeman.
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police: Night Shift 999**
10.00 **Cops** Double bill.
11.00 **Banged Up Abroad**
12.00 M'T **Extreme Tow Truckers** Documentary.
1.00 AM **Ice Road Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **Pete Wicks: For Dogs' Sake** Documentary.
8.00 **Inside the Ambulance** Crews help a young woman who has fallen down a flight of stairs.
9.00 **999 Rescue Squad** The team are called to a fire in a chemicals factory. **10.00** The team are called in to help the survivors of a car crash.
11.00 **Emergency: First Time Medics** Documentary.
12.00 M'T **Louis Theroux's Altered States**
1.00 AM **Louis Theroux: Law & Disorder in Lagos**
1.55 **to 3.00** AM **Michael McIntyre's The Wheel**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.00 AM **Birds of a Feather**
7.40 **The Bill**
8.35 **Doctors**
9.45 **Classic Holby City**
10.45 **Classic Casualty**
11.50 **The Bill**
12.50 PM **Classic EastEnders**
2.10 **All Creatures Great and Small**
3.10 **Howards' Way**
4.20 **Shakespeare & Hathaway: Private Investigators**
5.20 **Porridge**
6.00 **Last of the Summer Wine** Triple bill.
8.00 **Father Brown**
10.00 **New Tricks** *The Fame Game:* The team look into a lookalike agency.
11.20 **Shakespeare & Hathaway: Private Investigators**
12.20 AM **Waking the Dead**
1.40 **Porridge**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Catch Me a Killer**

+1 hr 243 316 60 260

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great American Railroad Journeys**
8.00 **Bangers & Cash**
10.00 **True Evil: The Making of a Nazi** Documentary.
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **True Evil: The Making of a Nazi** Documentary.
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Great Canal Journeys**
8.00 **'Allo 'Allo!** Triple bill.
10.00 **Bangers & Cash** Paul collects a cherished 1924 Rover 9 that has been in the same family since the 1950s. **11.00** Derek heads north to pick up a 1954 Morgan Plus 4 coupe that is in mint condition.
12.00 M'T **Abandoned Engineering** Double bill.
2.00 **to 3.00** AM **True Evil: The Making of a Nazi**

+1 hour 255 329

FRIDAY Entertainment

Friday

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **Antiques Road Trip** Double bill.
2.00 PM **The Repair Shop**
3.00 **The Yorkshire Auction House**
4.00 **Long Lost Family: Born Without Trace**
5.00 **A Place in the Sun**
6.00 **Salvage Hunters**
9.00 **Unsellable Houses** New edition Lyndsay and Leslie look to turn a 'grandma chic' mid-century rambler from grey and peach into a true retro prize, and use their best tricks to do it.
10.00 **My Lottery Dream Home** New editions
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
10.00 **Little House on the Prairie** 16-18/22. (S7)
1.00 PM **The Waltons** (S3)
3.00 **Ballykissangel** (S2)
4.10 **Hamish Macbeth** (S3)
5.20 **Doctor Finlay** 3/6. (S1)
6.30 **Rumpole of the Bailey**
7.30 **M*A*S*H** 5/16. Hawkeye gives a eulogy for a nurse killed by a landmine. **8.00** 7/16. Hawkeye holds a surprise party for Colonel Potter. **8.30** 8/16. Hawkeye and BJ screen a racy new film at the 4077th. (S11)
9.00 FILM **Twister** Disaster movie starring Helen Hunt, Bill Paxton and Cary Elwes. (1996, PG, 114min) ★★★
11.25 **The New Avengers**
12.25 AM **The Avengers** (S5)
1.25 **M*A*S*H** (S11)
2.25 **Home to Roost** (S2)
3.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory**
10.00 FILM **The Quick and the Dead** War drama. (1963, 15, 92min) ★★
12.00 NOON **The High Chaparral** 13/26. (S3)
1.00 PM FILM **The Kid from Texas** Western. (1949, U, 78min) ★★
2.50 **Wanted: Dead or Alive**
3.30 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The New Avengers**
7.00 **The Avengers** (S5)
8.00 **The Baron** 5/30. (S1)
9.00 FILM **Ned Kelly** Western starring Heath Ledger. (2003, 15, 109min) ★★★
11.20 FILM **The Duel** Western with Liam Hemsworth. (2016, 15, 110min) ★★
1.40 AM **The Baron** (S1)
2.40 **The Avengers** (S5)
3.30 **Police Ten 7**
3.55 FILM **The Quick and the Dead** As 10.00am.
5.25 **to 6.00** AM **Police Ten 7**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM FILM **Lost Letter Mysteries: Home Again** Drama. (2017, PG) ★★
10.05 **Unforgettable** (S4)
11.05 **Castle** 13/23. (S6)
12.05 PM FILM **Garage Sale Mysteries: The Novel Murders** (2016, PG) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 14/23. (S6)
8.00 **Unforgettable** (S4)
9.00 FILM **Garage Sale Mysteries: The Art of Murder** Crime drama. (2017, PG, 95min) ★★
10.55 FILM **Aurora Teagarden Mysteries: How to Con a Con** Crime thriller. (2020, PG, 90min) ★★
12.50 AM FILM **A Deadly Lullaby** (2020, 12) ★
2.30 FILM **Flirting with Danger** (2006, PG) ★★
4.05 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 322

Great! Romance

319 317 424 52 47

8.15 AM FILM **Love Upstream** Comedy. (2021, PG, 85min) ★★
10.25 FILM **October Kiss** Drama. (2015, PG) ★★
12.20 PM FILM **How to Win a Prince** Comedy. (2023, U, 89min) ★★
2.20 FILM **Love's Last Resort** Drama. (2017, PG) ★★
4.15 FILM **Eat, Drink and Be Married** Drama. (2019, U, 89min) ★★
6.05 FILM **The Wedding Arrangement** Drama. (2022, PG, 89min) ★★
8.00 FILM **North to Home** Romantic drama starring Lyndsy Fonseca. (2022, PG, 84min) ★★
9.55 FILM **The Perfect Catch** Romantic drama. (2017, PG, 90min) ★★
11.50 FILM **After the Storm** Drama. (2019, PG) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Love Upstream** As 8.15am.

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Thick as Thieves** (S1)
9.00 **Bubblegum & Cheese**
10.00 **The Rewind Jukebox**
11.00 **Shine on Harvey Moon**
12.00 NOON **The Fenn Street Gang** 9/18. (S3)
12.30 PM **The Top Secret Life of Edgar Briggs**
1.00 **Wish Me Luck** (S1)
2.00 **The Champions** (S1)
3.00 **Bubblegum & Cheese**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Shine on Harvey Moon**
6.00 **The Dustbinmen** (S2)
6.30 **The Fenn Street Gang**
7.00 **The Top Secret Life of Edgar Briggs** 5/13. (S1)
7.30 **The Brian Conley Show**
8.00 **The Champions** (S1)
9.00 **Wish Me Luck** (S1)
10.00 FILM **Queen of the Blues** (1979, 18) ★★
11.15 **Stereo Underground**
12.15 AM FILM **Eskimo Nell** Comedy. (1974, 18) ★★
2.00 **to 6.00** AM **Highlights**

DMAX

158 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Jeremy Wade's Dark Waters** From Alaska.
10.00 **Deadliest Catch**
12.00 NOON **Cooper's Treasure** Documentary.
1.00 PM **Expedition Unknown** Double bill.
3.00 **Homestead Rescue: Raney Ranch**
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** King Crab season kicks off with a 12 million pound Bairdi quota increase that causes a fishing frenzy.
9.00 **Saving Lives at Sea** A man suffers a seizure on board a tall ship. **10.00** A cargo ship is drifting towards rocks.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 258 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Islands to Highlands**
7.00 **Hairy Bikers Go West**
8.00 **The Pioneer Woman: Home Sweet Home**
8.30 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Barefoot Contessa: Back to Basics**
11.00 **Great British Bake Off**
1.00 PM **James Martin's Islands to Highlands**
3.00 **Hairy Bikers Go West**
4.00 **The Pioneer Woman: Home Sweet Home**
4.30 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
6.00 **Barefoot Contessa: Back to Basics**
7.00 **Great British Bake Off**
9.00 **Man v Food**
10.00 **Chef Grudge Match** New edition
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 5/26. (S5)
9.00 **The A-Team** 10/23. (S4)
10.00 **The Invaders** 8/17. (S1)
11.00 FILM **Martian Land** Sci-fi action drama. (2015, PG, 90min) ★
1.00 PM FILM **Eagle's Wing** Western. (1978, PG, 111min) ★★★★
3.00 FILM **September Gun** Western. (1983, PG, 120min) ★★
5.00 **Star Trek** 15/26. (S2)
6.00 **The Invaders** 9/17. (S1)
7.00 **The A-Team** 11/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 FILM **Equilibrium** Sci-fi action thriller. (2002, 15, 107min) ★★★
11.05 FILM **Outlander** Sci-fi action adventure. (2008, 15, 115min) ★★★
1.20 AM FILM **Split Second** Futuristic horror thriller. (1991, 18, 90min) ★
3.10 **to 5.00** AM FILM **Brake** Suspense thriller. (2012, 15, 87min) ★★★

Legend Xtra

317 316 171 69 138 51

9.00 AM FILM **Eye of the Beast** Monster movie. (2007, 15, 90min) ★★
11.00 **The Lost World** (S1)
12.00 NOON FILM **Against a Crooked Sky** Western. (1976, PG, 85min) ★★
2.00 PM FILM **Zodiac: Signs of the Apocalypse** Thriller. (2014, PG) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **Meteorites!** Disaster movie. (1998, PG, 85min) ★
7.00 **The Lost World** (S1)
8.00 **The Fall Guy** 5/23. (S2)
9.00 FILM **Man on a Ledge** Suspense thriller with Sam Worthington. (2011, 12, 98min) ★★★
11.05 FILM **Escape Plan 2: Hades** Thriller sequel. (2018, 15, 96min) ★★
1.00 AM FILM **Man on a Ledge** As 9.00pm.
3.00 FILM **Meteorites!**
5.00 **to 6.00** AM **The Lost World**

+1 hour 318 371 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Ilkeston.
6.40 **Pawn Stars**
7.35 **Curse of Civil War Gold**
3.05 PM **Junk & Disorderly: Henry's Wreck-trospective**
4.00 **Ancient Aliens**
5.00 **Close Encounters**
6.00 **Pawn Stars**
7.00 **Storage Wars**
8.00 **Dickinson's Real Deal**
9.00 **WWE's Greatest Moments** New edition A look at the concept of 'money in the bank'. **9.30** Series finale The introduction of SummerSlam.
10.00 **Strange Evidence**
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Close Encounters**
2.00 **Ancient Aliens**
3.00 **Storage Hunters**
3.45 **Storage Wars**
4.10 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **The Yorkshire Vet**
10.00 **Dogs Behaving (Very) Badly: What Happened Next?**
11.00 **Ben Fogle: New Lives in the Wild** From Texas.
12.00 NOON **World War II: Secrets from Above**
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **World's Most Scenic Railway Journeys**
6.00 **Great British Ships: Cutty Sark**
7.00 **World War II: Secrets from Above**
8.00 **Ben Fogle: New Lives in the Wild** Georgia, USA.
9.00 **Taggart** *Violent Delights.*
10.50 **1990: Most Shocking Moments** Controversies.
12.50 AM **Rich House, Poor House** Reality series.
1.50 **Rich Holiday, Poor Holiday** Reality series.
2.50 **Paul Martin's Antiques Showdown**
3.40 **to 4.00** AM **Cruising with Jane McDonald**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **Tenable** Game show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **All Star Family Fortunes** Game show.
12.40 PM **Lily Savage's Blankety Blank**
2.00 **The Chase** Quiz show.
3.00 **Classic Who Wants to Be a Millionaire?** Big-money quiz show hosted by Chris Tarrant.
4.00 **Bridge of Lies** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** A team of family and friends take part.
7.00 **The Chase** Triple bill.
10.00 **The Chase Celebrity Special** Ruth Davidson, Mark King, Dan Walker and Ferne McCann compete for charity.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Triple bill.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Mike & Molly**
8.30 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Mike & Molly**
3.30 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at: **8.00** 20/24. Sheldon spills Leonard's secret. **8.30** 21/24. A petty argument between Leonard and Sheldon creates a rift. (S9)
9.00 **90 Day Fiancé: Before the 90 Days** New edition At Sheena's urging, Forrest agrees to go behind Molly's back, and Laura's confidence wavers when Birkan sees her body for the first time.
11.00 **Georgie and Mandy's First Marriage**
12.00 M'T **Dr Pimple Popper**
2.00 AM **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Spin City** 10&11/24. (S1)
11.00 **Everybody Loves Raymond** 7-10/16. (S9)
1.00 PM **Friends** (S8&9)
7.30 **Friends** 12/24. Gavin surprises Rachel. **8.00** 13/24. Ross tries to make Rachel jealous. **8.30** 14/24. Joey and Phoebe play Cupid. (S9)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **Kevin Bridges – The Story Continues**
11.00 **Whose Line Is It Anyway? USA**
12.30 AM **8 Out of 10 Cats**
1.20 **Drunk History: Black Stories** Double bill.
2.20 **Russell Howard: Live at the London Palladium**
3.15 **Dragony Aunts** (S2)
3.30 **Key & Peele**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Whose Line Is It Anyway? USA**
11.00 **Friends** (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.30 **Takeshi's Castle**
4.00 **Stupid Central**
5.00 **Whose Line Is It Anyway? USA**
6.00 **Spin City** 10&11/24. (S1)
7.00 **Everybody Loves Raymond** 7-10/16. (S9)
9.00 **Michael McIntyre's Big Show** An evening of comedy and music at the London Palladium.
10.00 **Friends** 9-12/24. (S8)
12.00 M'T **Jimmy Carr's Am I the A**hole?**
1.00 AM **Whose Line Is It Anyway? USA**
4.30 **Spin City** 10&11/24. (S1)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 164 42

8.00 AM **Highlights**
9.40 **Duty Free** 4/7. (S1)
10.10 **Bread** 6/6. (S1)
10.50 **Steptoe and Son** (S8)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S1)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 4/15. (S3)
2.45 **Minder** 6/13. (S3)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **You Rang, M'Lord?**
6.00 **That's 60s**
6.10 **Steptoe and Son** (S5)
6.50 **Rising Damp** 2/7. (S1)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 8/11. (S4)
9.00 **Benidorm** (S2)
10.00 **Shameless** 1/8. (S3)
11.20 **Man About the House**
11.50 **Rising Damp** 7/8. (S2)
12.20 AM **Benidorm** (S2)
1.25 **Shameless** 1/8. (S3)
2.35 **Kenny Everett Show**
3.05 **to 6.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **Help! I'm in a Secret Relationship!**
8.00 **Catfish: The Dramatic**
9.00 **Catfish: The TV Show**
11.00 **Catfish: Teams**
12.00 NOON **Catfish: The TV Show** Double bill.
2.00 PM **Catfish: Teams**
3.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Catfish UK**
7.00 **Teen Mom UK: Mums Move In** Reality series.
8.00 **Teen Mom UK**
9.00 **Skin A&E** Documentary.
10.00 FILM **The Purge** Horror starring Ethan Hawke and Lena Headey. (2013, 15, 85min) ★★★
12.00 M'T **Geordie Shore**
1.00 AM **Geordie Shore: Big Birthday Battle**
2.00 **Teen Mom: The Next Chapter** Reality series.
2.45 **Ink Master: Angels**
3.35 **to 4.00** AM **Ridiculousness**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do They Do It?**
7.00 **Shorty's Dream Shop**
9.00 **Gold Rush: Mine Rescue with Freddy & Juan**
11.00 **Diesel Brothers** Double bill.
1.00 PM **Deadliest Catch**
3.00 **How It's Made** Four editions.
5.00 **Alaska: Homestead Rescue** The Raneys visit an Oregon homestead where fire is a constant threat for a family. **6.00** The Raneys help a North Carolina couple, who have exposed wires in the shower, mend their ramshackle cabin.

9.00 Expedition Files

7.00 **Wheeler Dealers** Mike Brewer and Edd China tackle their first electric project as they restore a 1985 Maserati Bi-Turbo.
8.00 **Gold Rush** Rick Ness goes on a midnight run to stake new ground for his empire, and discovers a surprising amount of gold.
9.00 **Expedition Files** New edition DNA finally reveals the identity of a body discovered on a beach over 80 years ago.
10.00 **Expedition Unknown** New edition Josh Gates joins a daring experiment to replicate the ancient pyramid build.
11.00 **Expedition Unknown** Spanning Europe and Africa, Josh's chase for Alexander's fortune ramps up.
12.00 M'T **Deadliest Catch**
1.00 AM **Expedition Files**
2.00 **Expedition Unknown**
3.00 **Gold Divers**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **River of No Return**
10.00 **Tanked** A shark tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **The Zoo** Double bill.
5.00 **Lone Star Law** Speedsters run afoul of wardens on a night-time stakeout mission.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Amy gives a fat cat facial surgery, and the team treat a Labrador with a backside peppered by buckshot.

8.00 100 Days Wild

7.00 **Treehouse Masters: Out on a Limb** The team are challenged with creating a lighthouse treehouse that sits atop a seawall.
8.00 **100 Days Wild** Jennifer and Andrew welcome new members to their nomadic community.
9.00 **Alaska: The Last Frontier** Eivin and August make a unique hay baler, while the family go salmon fishing at the Copper River.
10.00 **Alaskan Bush People** The Browns try to apply their well-honed wilderness skills to an urban lifestyle.
11.00 **Mountain Monsters** A blood-sucking 'devil dog'.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Richard E Grant's Seven Deadly Sins** Pride.
2.00 **Treehouse Masters: Out on a Limb** As shown at 7.00pm.
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
9.00 **Air Crash Investigation**
10.00 **Seconds from Disaster**
11.00 **Lost Ships of WW2**
12.00 NOON **Nazi Megastructures**
1.00 PM **Air Crash Investigation**
3.00 **World War II: The Apocalypse**
4.00 **Drain the Oceans** Cold War remains found in the Arctic.
5.00 **Ice Road Rescue** A tanker truck full of waste slides back on a narrow, icy hill.
6.00 **Construction Fails** How the use of glass in construction can lead to devastating problems.

10.00 Miracle Landing on the...

7.00 **Air Crash Investigation** The implications of the worst aviation disaster in Norwegian history.
8.00 **Air Crash Investigation** The fate of Helios Flight 522, which in August 2005, crashed into a mountain in Greece.
9.00 **Air Crash Investigation** On final approach to Islamabad in fog, Airblue Flight 202 slams into the Himalayan foothills.
10.00 **Miracle Landing on the Hudson** Documentary charting how US Airways Flight 1549 was forced to land on the Hudson River.
11.00 **Air Crash Investigation** The crash of a Douglas DC-6.
12.00 M'T **Car S.O.S**
1.00 AM **To Catch a Smuggler**
2.00 **Abandoned**
2.30 **To Catch a Smuggler**
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Storage Wars**
7.50 **Rust Valley Restorers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars**
12.00 NOON **The Abyss: Rise & Fall of the Nazis** Documentary.
1.00 PM **Ancient Aliens: Origins**
3.00 **Evidence of the Unexplained** Triple bill, including at: **5.00** UFO sightings and other bizarre occurrences.
6.00 **American Pickers** Mike Wolfe views a collection that includes monsters, gargoyles and a custom rocket ship.

10.00 Ancient Aliens: Origins

7.00 **Forged in Fire** A visit to the remote New Agrarian School in the wilderness of Bigfork, as chosen by judge Dave Baker.
8.00 **History's Greatest Aircraft** The Mosquito, which undertook some of the most daring raids of World War Two.
9.00 **Soviet Storm: WWII in the East** Adolf Hitler's attack on the Soviet oil fields that could have won World War Two.
10.00 **Ancient Aliens: Origins** New edition How human history is rich with traditions that honour beings from the sky.
12.00 M'T **Evidence of the Unexplained** Declassified top secret UFO files. **12.55** AM UFO sightings, terrifying abductions and other bizarre occurrences. **1.50** Bizarre occurrences that cast new light on old cases.
2.50 **Ancient Aliens: Origins**
4.25 **Pawn Stars** Documentary.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Jodie Foster**
8.00 **The Directors**
9.00 **Urban Secrets**
10.00 **The Jinx Part Two**
11.00 **Murder in Boston: Roots, Rampage and Reckoning**
2.00 PM **Schmeichel** The life and career of Peter Schmeichel.
4.00 **Discovering: Jodie Foster**
5.00 **The Directors**
6.00 **Celtics City** 9/9. Injuries and internal conflict take a toll after the 2008 title.

4.00 Discovering: Jodie Foster

7.05 **The Jinx Part Two** 4/6. Robert Durst's lawyer and confidant Stewart Altman takes the stand.
8.00 **Super/Man: The Christopher Reeve Story** A profile of the actor who rose to fame after starring in the 1978 film *Superman*, but was paralysed from the neck down in 1995 after a horse-riding accident.
10.00 **Tina** A celebration of Tina Turner's life and career, featuring contributions from the Grammy Award-winning artist, as well as Angela Bassett and Oprah Winfrey.
12.15 AM **I Am Heath Ledger** Celebrating the life and work of the Australian actor.
2.00 **Val** Documentary about the life of Val Kilmer, featuring never-before-seen footage.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Jodie Foster**

7 PM **8 PM** **9 PM** **10 PM**

Quest

140/141 149 128/137 17 145 18

6.00 AM **The Repair Shop**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
1.00 PM **The Repair Shop**
2.00 **Shed and Buried: Classic Cars**
3.00 **Shed and Buried**
4.00 **The Yorkshire Auction House** Double bill.
6.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** Angus Ashworth helps a widower sell some nautical treasures.
9.00 **The Repair Shop** Items include a satchel owned by a prisoner of war. **10.00** The team restore an RAF mascot teddy bear and a camel saddle.
11.00 **How Do They Do It?**
1.00 AM **Wheeler Dealers**
3.00 **Shed and Buried: Classic Cars**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

6.00 AM **Animal Cops San Francisco** Documentary.
7.00 **Forensic Detectives**
9.00 **Cops UK: Bodycam Squad** Double bill.
11.00 **A Killer's Mistake**
12.00 NOON **Deadly Love**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Killer in My Family**
4.00 **American Monster**
6.00 **Murder in the Heartland**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates** New edition An exclusive interview uncovers the chilling truth of a 2001 murder.
10.00 **Mother, May I Murder?**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Donal MacIntyre's UK Killer Evidence** When a young mother goes missing, police uncover a troubled marriage.
8.00 **48 Hours** New edition The brutal murder of Justine Vanderschoot.
9.00 **Storm of Suspicion** New edition A Utah town experiences a nightmare Christmas when a woman is found brutally stabbed to death.
10.00 **Prosecuting Evil with Kelly Siegler** When a grieving mother takes her own life, her parents start an investigation.
11.00 **Bloodline Detectives**
1.00 AM **48 Hours**
2.00 **Storm of Suspicion**
3.00 **Prosecuting Evil with Kelly Siegler**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
9.20 **Fatal Attraction**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **Shocking Crimes: Murder Book** Three teens are left for dead after a speed boat rams their fishing vessel. **3.00** Investigators try to unravel the mystery of a missing retiree.
4.00 **48 Hours** Maria Muñoz.
5.00 **Medical Detectives** The analysis of hair found at a murder scene pinpoints the perpetrator. **5.30** A young boy is killed in a mysterious fire. **6.00** Using orange fibres to solve a crime. **6.30** A man is found dead in a doctor's office.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
7.00 **Highway Cops**
8.00 **Send in the Dogs**
9.00 **Brit Cops**
10.00 **Police 24/7**
11.00 **World's Most Evil Killers**
12.00 NOON **What the Killer...**
1.00 PM **Killer in My Village**
2.00 **Murders That Shocked the Nation** Josef Fritzl.
3.00 **How I Caught the Killer**
4.00 **Britain's Most Evil Killers**
5.00 **What the Killer Did Next**
6.00 **Killer in My Village**
7.00 **World's Most Evil Killers**
8.00 **Killing Mum and Dad**
9.00 **Mommy Dead and Dearest: The Story of Dee Dee** Documentary.
10.45 **Police 24/7**
11.45 **Catching the Killer**
12.50 AM **World's Most Evil...**
1.55 **Murders That Shocked...**
3.00 **Murder Uncut**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Border Security USA**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of...**
8.55 **Lost Cities of Rome**
9.55 **Verdun, the Battle of the Great War**
11.00 **Lincoln: Divided We Stand** Documentary.
11.55 **Mafia's Greatest Hits**
1.00 PM **The Remarkable Miss North**
2.15 **Lost Cities of Rome**
3.15 **Verdun, the Battle of the Great War**
4.20 **Lincoln: Divided We Stand** Documentary.
5.15 **Mafia's Greatest Hits**
6.20 **Lost Cities of Rome**
7.25 **Grand Tours of the Scottish Islands**
8.00 **Verdun, the Battle of the Great War**
9.00 **Lincoln: Divided We Stand** Documentary.
9.55 **Mafia's Greatest Hits** Tony Spilotro's story.
11.00 **Lost Cities of Rome**
12.00 M'T **Verdun, the Battle of the Great War**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

FRIDAY

Sky Nature

145 113/114 189 354 369

6.00 AM **Arctic Secrets**
7.00 **Monkey Life**
8.00 **Africa's Underwater Wonders**
9.00 **Hope for Wildlife**
10.00 **Great Blue Wild**
11.00 **Wildlife ER**
12.00 NOON **Island of the Monsoon**
1.00 PM **Monkey Life**
2.00 **Africa's Underwater Wonders**
3.00 **Hope for Wildlife**
4.00 **Great Blue Wild**
5.00 **Wildlife Icons**
6.00 **Island of the Monsoon**
7.00 **Monkey Life** Double bill.
8.00 **Extraordinary Animals** How being disorganised works in the favour of certain animals. **8.30** How being obsessive can be a means of survival.
9.00 **Patrick Aryee's Wild World**
10.00 **Island of the Monsoon**
11.00 **Wildlife Icons**
12.00 M'T **Wildlife ER**
1.00 AM **Arctic Secrets**
2.00 **Extraordinary Animals**
3.00 **Patrick Aryee's Wild World**
4.00 **Africa's Underwater Wonders**
5.00 **to 6.00** AM **Hope for Wildlife**

Sky History 2

163/168 143 186

6.00 AM **Ultimate Mysteries**
7.00 **Swamp Mysteries with Troy Landry** The Skunk Ape.
8.00 **What on Earth?**
9.00 **Secret Wars Uncovered**
10.00 **Combat Ships**
11.00 **Ancient Aliens**
1.00 PM **UFO Encounters UK**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Ultimate Mysteries**
5.00 **Swamp Mysteries with Troy Landry** The Skunk Ape.
6.00 **What on Earth?**
7.00 **Secret Wars Uncovered**
8.00 **Combat Ships**
9.00 **The Nostradamus Effect**
10.00 **Secrets Declassified with David Duchovny** Investigating daring government operations.
11.00 **Ancient Aliens**
1.00 AM **UFO Encounters UK**
2.00 **Secrets of Great British Castles**
3.00 **The Great British Dig: History in Your Back Garden**
4.00 **Mystery Places**
5.00 **to 6.00** AM **Ancient Superstructures**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Savage Builds**
1.00 PM **Cooper's Treasure**
3.00 **How the Universe Works**
6.00 **How It's Made**
9.00 **The Dino Hunters** Clayton and his team prepare to extract a 20,000lb carnivore fossil from the earth, while Mike hunts for a duckbill skull, and Jared uncovers an ancient reptile. **10.00** Clayton must haul his dinosaur fossil to a lab for analysis. The Harris-Bolan clan chase poachers off their land, and Jared makes a final bid to make money.
11.00 **Tesla's Death Ray: A Murder Declassified** After Aron's successful test of his Death Ray, Jack focuses on Tesla's potential murder. **12.00** M'T The team travel to Serbia and discover unseen documents drawn by Tesla.
1.00 AM **How the Universe Works**
4.00 **to 6.00** AM **Secrets Underground**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Court Cam**
11.00 **Meet, Marry, Murder**
2.00 PM **Last Night Out**
3.00 **Accident, Suicide or Murder?**
6.00 **The First 48**
7.00 **Cold Case Files**
8.00 **Meet, Marry, Murder** New edition The case of lawyer Alex Murdaugh.
9.00 **My Strange Arrest** New editions A cowboy rides his horse on a busy highway. **9.30** Drunken incidents.
10.00 **Court Cam** New editions A son shoots his father's accused murderer in the courtroom. **10.30** A judge's decision brings tears of joy to a young mother.
11.00 **Ozark Law**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The First 48**
2.00 **Interrogation Raw**
3.00 **Homicide Hunter**
4.00 **Court Cam**
5.00 **to 6.00** AM **Meet, Marry...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Last of the Giants: Wild Fish**
10.00 **World's Weirdest**
11.00 **America's National Parks**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Future Cats**
3.00 **Bizarre Animal Friends**
4.00 **Secrets of the Zoo**
5.00 **Critter Fixers: Country Vets**
6.00 **Yukon Vet** Dr Michelle Oakley vaccinates lynx kittens at the Yukon Nature Reserve.
7.00 **Secrets of the Zoo** Doctors rush to save a cougar with an abscess, and a miracle baby okapi gets a check-up.
8.00 **Hostile Planet** Animals that live at the north and south poles. **9.00** A look at animals that survive in the world's deserts.
10.00 **Life Below Zero: First Alaskans** Documentary.
11.00 **Ice Road Rescue**
12.00 M'T **Lawless Island**
1.00 AM **Africa's Deadliest**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Monster Fish**

Discovery History

174 147 181

7.00 AM **World's Deepest Goldmine**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Discoveries surrounding the power of neutron stars.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **World's Deepest Goldmine** Hazardous conditions facing underground workers at Mponeng mine in South Africa.
9.00 **Secrets Underground**
10.00 **How Do They Do It?**
11.00 **World's Greatest Motorcycle Rides** Henry visits Serbia and Bulgaria on the homeward leg.
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **Sorry!** 4/6. The mobile library van breaks down en route to Tillenhurst prison, and the search for help leads Timothy into an encounter with three mysterious women in a barn. **5.40** 5/6. Mother's excessive demands make life miserable for the family on her birthday. **6.20** 6/6. Timothy ends up in hospital following an incident at the tennis court. (S3) **7.00** 1/6. Hen-pecked bachelor Timothy comes to the aid of a young runaway, believing her fate rests in his hands. **7.40** 2/6. Mother's ambitious streak presents problems for the family when she sets out to become Secretary of the Ladies' Luncheon Club. Stars Ronnie Corbett, Barbara Lott and William Moore. (S4)
8.20 **Sorry!** Fifteen further episodes.
5.35 **to 6.00** AM **Villages by the Sea**

+1 hour 266 376

ID

154 140 166

8.00 AM **Murder Chose Me**
9.00 **Who the (Bleep) Did I Marry?**
10.00 **Twisted Love**
11.00 **Disappeared**
12.00 NOON **Murder in the Heartland**
1.00 PM **Twisted Love**
3.00 **Disappeared**
4.00 **Murder in the Heartland**
5.00 **Forbidden: Dying for Love**
7.00 **People Magazine Investigates** Focusing on the case of doting mother Cheryl Coker. **8.00** The story of a murder that rocked an African-American neighbourhood in 1970s Detroit.
9.00 **American Monster: Abuse of Power** A respected police lieutenant fails to solve the murder of a young mother.
10.00 **Portals to Hell** Investigating the site of one of the bloodiest massacres in Colonial America.
11.00 **Haunted Towns**
12.00 M'T **The Dead Files**
2.00 AM **Forbidden: Dying for Love**
4.00 **to 6.00** AM **People Magazine Investigates**

+1 hour 254 366

Discovery Turbo

161/172 146 180

7.00 AM **Wheeler Dealers**
8.00 **Motor Pickers**
9.00 **Sewer Divers**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Richard Hammond's Workshop** As 1.00am.
1.00 PM **Vintage Voltage**
2.00 **Salvage Hunters: Classic Cars**
3.00 **Sewer Divers**
4.00 **Roadworthy Rescues**
5.00 **Motor Pickers**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried**
8.00 **Big, Big Bikes** 1/2. A celebration of the most outrageous machines and riders.
9.00 **Kevin Hart's Muscle Car Crew**
10.00 **Sewer Divers**
11.00 **Wheeler Dealers**
12.00 M'T **Big, Big Bikes**
1.00 AM **Richard Hammond's Workshop** Neil, Richard and the Cogs are under pressure to finish Monty's Rolls Royce.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.50 AM **Super Charlie** Family animation. (2025, PG, 82min)
8.25 **PREMIERE How to Train...**
10.45 **Prisoner of War** Action thriller. (2025, 15, 112min) ★★★
12.45 PM **Neighborhood Watch**
2.30 **The Naked Gun** Comedy. (2025, 15, 85min) ★★★★
4.00 **PREMIERE How to Train Your Dragon** Fantasy. (2025, PG) ★★★★ *See review, page 20.*
6.15 **Reckless** Action comedy with Scott Adkins. (2026, 15, 91min)

4.00 How to Train Your Dragon

8.00 **M3GAN 2.0** Sci-fi action thriller sequel starring Allison Williams and Violet McGraw. Two years after robot M3GAN's rampage, her creator is forced to resurrect the doll to take down a military-grade weapon. (2025, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 **The Toxic Avenger** Horror comedy starring Peter Dinklage. A horrible toxic accident transforms a downtrodden janitor into a new evolution of hero. With Kevin Bacon. (2023, 18, 102min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **The Cut** Psychological thriller with Orlando Bloom. (2024, 12, 99min) ★★★
1.50 AM **Neighborhood Watch** Thriller starring Jack Quaid. (2025, 15, 92min) ★★★★
3.30 **The Toxic Avenger** (2023)
5.20 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Buddy Films

303 303 403 503 517

6.45 AM **The Cinema List: Jurassic**
7.00 **Caddyshack** As 3.30am.
8.45 **Napoleon Dynamite** (2004)
10.20 **Talladega Nights: The Ballad of Ricky Bobby** As 8.00pm.
12.25 PM **Role Models** As 10.10pm.
2.15 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
4.10 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
6.05 **The Hangover Part III** Dark comedy sequel with Bradley Cooper. (2013, 15, 100min) ★★

8.00 Talladega Nights

8.00 **Talladega Nights: The Ballad of Ricky Bobby** Action comedy starring Will Ferrell, John C Reilly and Sacha Baron Cohen. A stock car racer rises to the top, but his pride takes a dent when a French F1 driver challenges his supremacy. (2006, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.10 **Role Models** Comedy starring Paul Rudd and Seann William Scott. Two irresponsible salesmen are assigned to mentor a couple of troubled kids. (2008, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Napoleon Dynamite** Teen comedy with Jon Heder. (2004, PG, 95min) ★★★★
1.45 AM **Sacramento** Comedy. (2024, 15, 89min) ★★★
3.30 **Caddyshack** Comedy. (1980, 15, 95min) ★★★
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

7.35 AM **Two Mules for Sister Sara** Comedy Western set in Mexico. (1969, 15, 114min) ★★★
9.35 **The Post** Fact-based drama. (2017, 12, 113min) ★★★★
11.35 **The Holiday** Romantic comedy. (2006, 12, 135min) ★★★
1.55 PM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
4.05 **Burning an Illusion** Drama. (1981, 15, 103min) ★★★
5.55 **An Officer and a Gentleman** Romantic drama starring Richard Gere and Debra Winger. (1981, 15, 125min) ★★★★
8.00 **American Sniper** Biopic about sniper Chris Kyle, starring Bradley Cooper and Sienna Miller. A Navy SEAL finds life back on civvy street difficult to deal with after four tours of Iraq. (2014, 15, 127min) ★★★★
10.15 **I, Tonya** Biopic starring Margot Robbie and Allison Janney. (2017, 15, 119min) ★★★★
12.15 AM **Anora** Romantic comedy drama starring Mikey Madison. (2024, 18, 139min) ★★★★★
2.35 **Black Dog** Chinese drama. (2024, 12, 110min) ★★★
4.30 **Sky Cinema Preview**
5.25 **to 7.05** AM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.00 AM **Us** Jordan Peele's horror. (2019, 15, 116min) ★★★★
9.05 **I.S.S** As shown at 2.00am.
10.45 **Jules** As shown at 3.40am.
12.25 PM **Children of Men** Thriller. (2006, 15, 109min) ★★★★★
2.20 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
4.25 **Evolution** Sci-fi comedy. (2001, PG, 101min) ★★★★
6.15 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
8.00 **The Shining** Stanley Kubrick's chilling adaptation of the Stephen King bestseller, starring Jack Nicholson. A writer's job as a winter caretaker in a remote hotel puts his family in peril. (1980, 15, 119min) ★★★★★
10.25 **Mad Max Beyond Thunderdome** Futuristic thriller sequel starring Mel Gibson. (1985, 15, 107min) ★★★
12.15 AM **The Watched** Horror. (2024, 15, 102min) ★★★
2.00 **I.S.S** Sci-fi drama with Ariana DeBose. (2023, 15, 95min) ★★★
3.40 **Jules** Sci-fi comedy drama. (2023, 12, 87min) ★★★
5.15 **to 6.45** AM **AfrAld** Sci-fi horror. (2024, 15, 84min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.15 AM **Daddy Day Care** (2023)
7.50 **The Cat in the Hat** (2003)
9.25 **Cats & Dogs: The Revenge...**
10.55 PREMIERE **How to Train Your Dragon** (2025, PG) ★★★★
1.05 PM **A Minecraft Movie** Fantasy. (2025, PG, 101 min) ★★★
2.50 **Yogi Bear** (2010, U) ★★★
4.20 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
6.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★

7.50 The Cat in the Hat

7.50 The Cat in the Hat Comic fantasy based on the book by Dr Seuss, starring Mike Myers and Alec Baldwin. (2003, PG, 82min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 IF Fantasy adventure starring Ryan Reynolds and Cailey Fleming. A young girl joins forces with her upstairs neighbour to matchmake discarded imaginary friends with new children. (2024, U, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Cats & Dogs: The Revenge of Kitty Galore** Comedy sequel. (2010, U, 82min) ★★
12.35 AM **MouseHunt** Comedy. (1997, PG, 98min) ★★★★
2.15 **Paul Blart: Mall Cop** Crime comedy. (2009, PG, 91 min) ★
3.50 **Paul Blart: Mall Cop 2** Crime comedy sequel starring Kevin James. (2015, PG, 92min) ★★
5.30 **to 8.00** AM **Hook** Steven Spielberg's fantasy adventure. (1991, U, 140min) ★★★

Sky Cinema Action

307 307 407 507 521

7.15 AM **Rampage** Fantasy. (2018, 12, 107min) ★★★
9.05 **White Elephant** Thriller. (2022, 15, 100min) ★★★
10.45 **Transformers: Revenge of the Fallen** (2009, 12) ★★★
1.20 PM **Batman Returns** Fantasy. (1992, 12, 121 min) ★★★★
3.30 **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12) ★★★
5.55 **Indiana Jones and the Kingdom of the Crystal Skull** Adventure. (2008, 12) ★★★

5.55 Indiana Jones and the...

8.00 Batman & Robin Fantasy adventure starring George Clooney, Arnold Schwarzenegger and Chris O'Donnell. Batman and Robin, aided by new ally Batgirl, take on fearsome villains Mr Freeze and Poison Ivy. (1997, PG, 125min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Transformers: Dark of the Moon Sci-fi action adventure sequel starring Shia LaBeouf as a young man caught up in another titanic struggle between good and evil alien robots on Earth. (2011, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Bad Boys: Ride or Die** Action comedy sequel. (2024, 15, 115min) ★★★
2.40 **The Patriot** Epic period drama starring Mel Gibson. (2000, 15, 167min) ★★★
5.30 **to 6.20** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

6.20 AM **Kangaroo Jack** (2003) ★
7.55 **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
9.55 **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
11.30 **Multiplicity** (1996, 12) ★★★
1.30 PM **National Security** Comedy. (2003, 12, 88min) ★
3.00 **Click** (2006, 12) ★★★★
4.50 **13 Going on 30** Comedy. (2004, 12, 98min) ★★★
6.30 **The Naked Gun** Spoof thriller. (1988, 15, 85min) ★★★★

9.30 The Naked Gun 33⅓

8.00 The Naked Gun 2½: The Smell of Fear Spoof sequel starring Leslie Nielsen as the world's least competent cop. (1991, 15, 81 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 The Naked Gun 33⅓: The Final Insult Spoof sequel with Leslie Nielsen. Lt Frank Drebin tries to foil a terrorist attack on the Oscars ceremony. (1994, 12, 83min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 Ted 2 Comedy sequel starring Mark Wahlberg and Amanda Seyfried. (2015, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.55 AM **The Terminal** Director Steven Spielberg's comedy drama starring Tom Hanks. (2004, 12, 129min) ★★★★
3.05 **Sky Cinema Preview**
4.05 **to 6.00** AM **Alfie** Comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Sky Cinema Preview**
6.45 **The Day of the Jackal** (1973)
9.15 **Three Days of the Condor** Thriller. (1975, 15) ★★★★
11.20 **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
1.20 PM **The Equalizer** Action thriller. (2014, 15, 132min) ★★★
3.35 **The Equalizer 2** Action thriller sequel with Denzel Washington. (2018, 15, 121 min) ★★★
5.40 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★

5.40 Vanilla Sky

8.00 The Bourne Identity Spy thriller based on the novel by Robert Ludlum, starring Matt Damon as an amnesiac man who learns that he is a highly trained assassin with deadly enemies. With Franka Potente. (2002, 12, 119min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Pulp Fiction Quentin Tarantino's black crime comedy, a homage to trash crime novels and popular culture, starring John Travolta, Bruce Willis, Samuel L Jackson and Uma Thurman. (1994, 18, 154min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.40 AM **Hannibal** Chiller sequel to *The Silence of the Lambs*. (2001, 18, 131 min) ★★★
3.05 **Layer Cake** Gangster thriller. (2004, 15, 105min) ★★★★
5.00 **to 7.30** AM **The Day of the Jackal** Thriller with Edward Fox. (1973, 15, 142min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Animal Farm** Animation. (1954, U, 72min) ★★★★
12.30 PM **Written on the Wind** Douglas Sirk's melodrama. (1956, PG, 100min) ★★★★★
2.35 **Sink the Bismarck!** War drama. (1959, b/w, U, 97min) ★★★
4.35 **The Comancheros** Western. (1961, PG, 102min) ★★★
6.45 **Independence Day: Resurgence** Sci-fi adventure. (2016, 12, 120min) ★★★

11.00 Animal Farm

Independence Day: Resurgence (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 Kingsman: The Golden Circle Comedy adventure sequel starring Taron Egerton and Colin Firth. Secret agents Eggsy and Merlin join forces with their US counterparts to bring down a femme fatale. With Mark Strong and Julianne Moore. (2017, 15, 141 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 PM **to 3.35** AM **Babylon** Writer/director Damien Chazelle's comedy drama starring Brad Pitt and Margot Robbie. Several characters enjoy an era of unbridled decadence and depravity in early Hollywood. With Jovan Adepo and Diego Calva. (2022, 18, 188min) ★★★★

+1 hour 314 430 47 301 257

Friday

8 PM

9 PM

10 PM

11 PM

Sky Cinema Valentines

302 302 402 502 516

6.40 AM **Blithe Spirit** As 1.55am.
8.25 **Multiplicity** Fantasy comedy. (1996, 12, 117min) ★★★
10.25 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
12.25 PM **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
2.25 **The Wedding Singer** Romantic comedy starring Adam Sandler. (1998, 12, 97min) ★★★★
4.05 **Spanglish** Comedy drama. (2004, 12, 131 min) ★★★
6.20 **Just Friends** Romantic comedy. (2005, 12, 94min) ★★
8.00 **Love Actually** Romantic comedy written and directed by Richard Curtis, starring Hugh Grant, Bill Nighy, Liam Neeson, Colin Firth and Alan Rickman. (2003, 15, 135min) ★★★
10.20 **American Pie: The Wedding** Teen comedy sequel starring Jason Biggs and Alyson Hannigan. (2003, 15, 96min) ★
12.00 M'T **Turn Me On** Fantasy comedy starring Bel Powley. (2024, 15, 99min) ★★★
1.55 AM **Blithe Spirit** Comedy with Isla Fisher and Dan Stevens. (2020, 12, 95min) ★★★
3.50 **Cinema List: Family Favourites**
4.20 **to 6.40** AM **Spanglish** (2004)

Sky Cinema Greats

304 304 404 504 518

6.25 AM **Five Easy Pieces** Drama. (1970, 15, 98min) ★★★★★
8.15 **Cool Hand Luke** Prison drama. (1967, 15, 126min) ★★★★★
10.25 **The Bodyguard** Romantic thriller. (1992, 15, 129min) ★★★
12.35 PM **Jerry Maguire** Comedy drama. (1996, 15) ★★★★
2.55 **See No Evil, Hear No Evil** Comedy thriller with Richard Pryor. (1989, 15, 107min) ★★★
4.40 **In & Out** Comedy starring Kevin Kline. (1997, 12, 91 min) ★★★
6.20 **Police Academy** Comedy. (1984, 15, 95min) ★★★
8.00 **Police Academy 2: Their First Assignment** Comedy sequel starring Steve Guttenberg. (1985, 12, 87min) ★★
9.30 **Police Academy 3: Back in Training** Comedy sequel with Steve Guttenberg and Bubba Smith. (1986, PG, 82min) ★
11.00 **Wayne's World 2** Comedy sequel. (1993, PG, 95min) ★★★
12.40 AM **Shirley Valentine** Romantic comedy starring Pauline Collins. (1989, 15, 108min) ★★★★
2.35 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
4.20 **Cinema List: Family Favourites**
4.45 **to 6.20** AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★

Sky Cinema Animation

305 305 412 500 514

7.25 AM **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
9.10 **Monsters vs Aliens** Animation. (2009, PG, 90min) ★★★
11.00 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
12.40 PM **Despicable Me 4** (2024)
2.25 **Super Charlie** As 11.20pm.
4.00 **Smurfs** Fantasy comedy. (2025, PG, 89min) ★★
5.45 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
7.45 **Scoob!** Animated comedy featuring the voice of Will Forte. (2020, PG, 93min) ★★★
9.30 **Despicable Me 4** Animated sequel with the voice of Steve Carell. (2024, U, 94min) ★★★
11.20 **Super Charlie** Family animation. (2025, PG, 95min)
12.55 AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★
2.25 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★
4.00 **Scooby-Doo! The Sword and the Scoob** (2021, PG) ★★★
5.30 **to 6.55** AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG) ★★★

Movies 24

312 313 419

7.00 AM **Haunted Wedding** Fantasy. (2024, PG, 84min) ★★
9.00 **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
11.00 **The Love Subscription** Comedy. (2023, PG, 86min) ★★
1.00 PM **Hearts Under the Olive Tree** Romantic comedy drama. (2023, PG, 89min) ★★
3.00 **Royal-Ish** Romantic drama. (2025, PG, 84min) ★★
5.00 **The Blessing Bracelet** Drama. (2023, PG, 90min) ★★
7.00 **Falling Together** Drama starring Ashley Williams and Paul Campbell. (2024, U, 90min) ★★
9.00 **Lost in Paradise** Romantic drama starring Lacey Chabert and Ian Harding. A divorced husband and wife end up stranded on a desert island while struggling with professional crises. (2026, PG, 84min) ★★
11.00 **May the Best Wedding Win** Comedy. (2023, PG, 85min) ★★
1.00 AM **A Priceless Love** Romantic drama starring Erin Agostino. (2022, PG, 85min) ★★
3.00 **to 5.00** AM **Savoring Paris** Romance starring Bethany Joy Lenz. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Law of the Plainsman** (S1)
6.30 **Stock Car** Action drama. (1955, b/w, PG, 68min) ★★
7.50 **Part-Time Wife** Comedy. (1961, b/w, PG, 70min) ★★★
9.10 **Meet Mr Callaghan** Drama. (1954, b/w, U, 90min) ★★★
10.55 **Demobbed** Comedy. (1944, b/w, U, 96min) ★★
12.45 PM **Edgar Wallace Mystery Theatre** 5/11. (S2)
1.55 **So Long at the Fair** Mystery. (1950, b/w, U, 86min) ★★★
3.40 **Four Star Theatre** 19/31. (S2)
4.15 **The Leather Boys** Drama. (1963, b/w, PG, 107min) ★★
6.25 **The End of the Road** Drama. (1954, b/w, U, 78min) ★★★
8.00 **Z Cars** 22/31. (S1)
9.00 **Cellar Club with Caroline Munro**
9.05 **Supernatural** 1/8. (S1)
10.05 **Cellar Club with Caroline Munro**
10.10 **Nosferatu the Vampyre** Werner Herzog's horror remake. (1979, 15, 107min) ★★★★
12.25 AM **Cellar Club with Caroline...**
12.30 **Hammer House of Mystery and Suspense** 9/13. (S1)
2.00 **Revenge of the Zombies** Horror. (1943, b/w, PG, 61 min) ★
3.10 **Body Double** (1984, 18) ★★★
5.25 **Cinebox Memories**
5.30 **to 6.00** AM **Out of Town**

Friday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **LIVE Men's T20 World Cup Australia v Zimbabwe.** The Group B match at R Premadasa Stadium in Colombo, Sri Lanka.
9.00 **LIVE Men's T20 World Cup Canada v UAE.** The Group D match at Arun Jaitley Stadium.
1.00 PM **LIVE Men's T20 World Cup USA v Netherlands.** The Group A match at MA Chidambaram Stadium in Chennai, India.
5.00 **LIVE PGA Tour Golf** Day two of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links.
7.30 **LIVE Super League Warrington Wolves v St Helens.** Coverage from Halliwell Jones Stadium. Kick-off **8.00pm**.
8.00 **LIVE PGA Tour Golf** Further coverage of the second day of the AT&T Pebble Beach Pro-Am.
12.00 M'T **LIVE WTA & ATP Tennis** Coverage of events on the Tours.
1.30 AM **LIVE ATP Tennis** Day five of the ATP Dallas Open from Ford Center at The Star in Frisco, Texas.
5.00 **to 6.00** AM **LIVE Men's T20 World Cup Ireland v Oman.** The Group B match at Sinhalese Sports Club.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Stories**
9.30 **The Big Interview**
10.00 **Sky Sports FC**
12.00 NOON **Total Football** The definitive take from the managers and players themselves.
5.00 PM **The Premier League Show**
7.00 **Transfer 360** Focusing on former Premier League star Patrick Vieira. **7.30** The story of Sol Campbell's move from Spurs to Arsenal.
8.00 **Premier League Stories** Focusing on Andoni Iraola.
8.30 **The Big Interview** An interview with a Premier League personality.
9.00 **Premier League Review** Action from the top flight.
10.00 **Premier League Stories**
10.30 **Netbusters** A look at midweek action in the Premier League.
11.00 **Premier League Years** Classic games, blunders and moments of skill from the 2000/01 season.
1.00 AM **PL Retro** A replay of Arsenal v Wigan Athletic from 2006.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **EFL** The 2013 play-off finals.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2013 final.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **SPFL Highlights**
2.30 **EFL Championship Highlights**
4.00 **Bundesliga Weekly**
4.30 **EFL League One Goals**
5.00 **EFL League Two Goals**
5.30 **EFL Championship Highlights**
6.00 **Bundesliga Weekly**
6.30 **EFL Highlights** Birmingham City v West Bromwich Albion. **6.45** Swindon Town v Newport County in League Two. **7.00** Hull City v Bristol City. **7.15** Wrexham v Millwall.
7.30 **EFL Cup Highlights** Semi-finals.
8.30 **EFL League One Goals**
9.00 **EFL League Two Goals**
9.30 **WSL** Highlights from Leicester City v Manchester United. **10.00** Arsenal v Manchester City.
10.30 **SPFL Round-Up**
10.45 **SPFL Highlights**
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2021 play-off finals.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Retro League One**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **LIVE Men's T20 World Cup Australia v Zimbabwe.** The Group B match at R Premadasa Stadium in Colombo, Sri Lanka.
9.00 **LIVE Men's T20 World Cup Canada v UAE.** Group D match at Arun Jaitley Stadium in Delhi.
1.00 PM **LIVE Men's T20 World Cup USA v Netherlands.** Coverage of the Group A match staged at MA Chidambaram Stadium in Chennai. The Americans reached the Super Eight stage two years ago when they were co-hosts.
5.00 **Best of ICC WT20**
5.15 **Best of England v South Africa**
5.30 **Best of ICC WT20**
6.00 **Men's T20 World Cup**
7.30 **Men's T20 World Cup** Action from Australia v Zimbabwe. **8.00** Highlights of Canada v UAE. **8.30** USA v Netherlands. **9.00** Sri Lanka v Oman. **9.30** Highlights of Nepal v Italy. **10.00** India v Namibia.
10.30 **Men's T20 World Cup**
5.00 **to 6.00** AM **LIVE Men's T20 World Cup Ireland v Oman.** Coverage of the Group B match held at Sinhalese Sports Club in Colombo, Sri Lanka.

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Golf**
10.00 **HotelPlanner Tour Golf**
10.30 **LIVE Ladies European Tour Golf** Coverage of the third day of the PIF Saudi Ladies International staged at Riyadh Golf Club.
2.30 PM **TGL** Highlights.
4.30 **My Ryder Cup**
4.45 **LIVE PGA Tour Golf** The featured groups on day two of the AT&T Pebble Beach Pro-Am from Pebble Beach Golf Links.
8.00 **LIVE PGA Tour Golf** Coverage of day two of the AT&T Pebble Beach Pro-Am in California. Two of the last three winners of this tournament have been British.
12.00 M'T **LIVE Golf** Coverage of the third day of the Women's Amateur Asia-Pacific at Royal Wellington Golf Club in New Zealand.
3.00 AM **Chronicles of a Champion Golfer** Profiles of leading players.
4.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **WTA & ATP Tennis**
7.30 **ATP Tour This Week**
8.00 **WTA & ATP Tennis**
12.00 NOON **LIVE ATP Tennis** Coverage of day five of the ATP Rotterdam Open from Rotterdam Ahoy in the Netherlands.
3.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
1.30 AM **LIVE ATP Tennis** Day five of the ATP Dallas Open, a hard-court tournament from Ford Center at The Star in Frisco, Texas.
5.00 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Super League** A match replay.
10.15 **Premier League Darts**
2.15 PM **Super Bowl LV Highlights**
4.15 **PL Greatest Games**
4.30 **Super League** A replay of York Knights v Hull Kingston Rovers.
7.45 **Darts Gold** Lewis v Anderson.
8.00 **Premier League Darts** Night two from Antwerp, Belgium.
12.00 M'T **One Championship Weekly**
12.30 AM **PL Greatest Games**
1.00 **Formula 1** United States GP.
2.00 **to 6.00** AM **LIVE MMA: One Championship** Coverage of the ONE Fight Night 40 event, which sees Jackie Buntan face Stella Hemetsberger for the women's strawweight kickboxing world title.

TNT Sports 1

410 413 521 408 430

6.30 AM **Serie A – Full Impact**
7.00 **Premier League**
8.30 **LIVE Isuzu UTE A-League Western Sydney Wanderers v Wellington Phoenix.** From Parramatta. Kick-off **8.35am**.
10.30 **FA Cup: The People's Story**
10.45 **LIVE Isuzu UTE A-League Perth Glory v Newcastle Jets.** From HBF Park. Kick-off **10.45am**.
12.45 PM **Sign Up – Into Football**
1.30 **LIVE Men's Cycling Pro Series** Coverage of the first stage of the Tour of Murcia.
3.30 **Inside Serie A**
4.00 **LIVE ABB FIA Formula E World Championship** Coverage of the Jeddah E-Prix.
6.30 **FA Cup: The People's Story**
7.00 **LIVE Emirates FA Cup Hull City v Chelsea.** Coverage of the fourth-round tie from the MKM Stadium. Kick-off **7.45pm**.
10.00 **UEFA Champions League**
10.30 **World Rally Championship**
11.00 **LIV Golf** From Australia.
12.30 **to 6.30** AM **LIVE LIV Golf** The third day of the second round of the season staged at The Grange Golf Club in Adelaide, Australia.

TNT Sports 2

411 414 522 409 431

6.00 AM **Winter Olympic Games**
8.00 **Buongiorno Milano**
9.00 **LIVE Winter Olympic Games – Snowboarding** The qualifying for the women's snowboard cross. **10.30 Curling** Great Britain v Italy. Coverage of the men's round robin match. **11.15** Day seven in Italy. **12.15** PM **Snowboarding** The women's snowboard cross final. **2.15 Biathlon** Coverage from the men's 10km sprint. **2.45 Skeleton** Coverage of the first heat of the women's skeleton. **4.00** Day seven in Italy. **4.45 Skeleton** The second heat of the women's skeleton. **6.00 Skeleton** Coverage of the third heat of the men's skeleton. **7.30** The seventh day in Italy. **8.00 Skeleton** Coverage of the fourth heat of the men's skeleton. **9.15 Figure Skating** Coverage from the men's free program held at Milano Ice Skating Arena.
10.30 **Ciao Cortina** The latest news.
11.00 **Winter Olympic Games**
2.00 AM **Ciao Cortina**
2.30 **Winter Olympic Games**
5.30 **to 6.00** AM **Ciao Cortina**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Super League Highlights**
6.30 **LIVE NRL Canberra Raiders v Melbourne Storm.** Kick-off **6.30am**.
8.30 **Super League Highlights**
9.00 **LIVE NRL North Queensland Cowboys v Penrith Panthers.** From BB Print Stadium. Kick-off **9.00am**.
11.00 **Rugby League Highlights**
12.00 NOON **NFL Highlights**
4.00 PM **Super League Highlights**
4.30 **NFL Highlights**
5.30 **NBC's Pro-Football Talk**
7.30 **LIVE Super League Warrington Wolves v St Helens.** Coverage from Halliwell Jones Stadium. Kick-off **8.00pm**.
10.30 **Super League Highlights**
11.00 **NFL Highlights**
2.00 AM **Super League Highlights**
2.30 **My Icon** Shaun Gayle.
2.40 **LIVE NRL New Zealand Warriors v Manly-Warringah Sea Eagles.** From McLean Park. Kick-off **2.40am**.
4.40 **My Icon** Shaun Gayle.
4.50 **to 6.50** AM **LIVE NRL Wests Tigers v Sydney Roosters.** From McDonald Jones Stadium. Kick-off is at **4.50am**.

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus extended interviews with the headline-makers.
7.00 **Sky Sports Breakfast** The latest headlines and reports.
10.00 **Sky Sports FC** Interactive show covering the football headlines.
12.00 NOON **Total Football** The definitive take from the managers and players themselves.
3.00 PM **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
7.30 **LIVE Super League Warrington Wolves v St Helens.** Coverage of the top-flight match staged at Halliwell Jones Stadium. Kick-off is at **8.00pm**.
10.15 **EFL Greatest Games** Action from a memorable EFL fixture.
10.30 **Back Pages Tonight** A look at the sports headlines in tomorrow's newspapers.
11.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with the headline-makers.
1.00 **to 6.00** AM **Sky Sports Catch Up**

TNT Sports 3

413 415 523 410 432

7.45 AM **Highlights**
9.00 **LIVE World Rally Championship** Rally Sweden.
11.00 **FA Cup: The People's Story**
11.15 **LIVE World Rally Championship** Rally Sweden.
12.00 NOON **Premier League**
2.00 PM **TNT Sports Reload**
2.15 **LIVE World Rally Championship** Rally Sweden.
4.30 **TNT Sports Reload**
4.45 **LIVE World Rally Championship** Rally Sweden.
5.30 **Premier League Netbusters**
6.00 **LIVE World Rally Championship** Rally Sweden.
7.15 **Reframe the Game**
7.30 **LIVE PREM Rugby Cup Harlequins v Northampton Saints.** Kick-off **7.45pm**.
10.00 **Men's Cycling Pro Series**
11.00 **Highlights**
3.00 AM **LIVE SailGP** In Auckland.
4.30 **to 6.00** AM **Highlights**

TNT Sports 4

414 416 524 411 434

6.00 AM **TNT Sports Reload**
6.30 **Ultimate Pool** Highlights.
8.00 **LIVE Winter Olympic Games – Curling** Great Britain v Italy. Coverage of the men's round robin match. **11.00 Cross Country Skiing** The men's 10km interval start free. **1.00** PM **Curling** Great Britain v Korea. The women's round robin match at Cortina Curling Olympic Stadium. **4.00 Speed Skating** Coverage from the men's 10,000m. **5.15 Ice Hockey** Coverage of the first women's quarter-final. **6.15 Snowboarding** The men's snowboard halfpipe final. **8.15 Figure Skating** Coverage from the men's free program held at Milano Ice Skating Arena.
10.15 **TNT Sports Reload**
10.30 **Premier League** Tottenham Hotspur v Newcastle United.
12.00 M'T **to 6.00** AM **Premier League**

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **NASCAR** Cook Out Clash.
8.00 **Asian Le Mans Series**
9.00 **Brasileiro Serie A**
11.00 **Eredivisie Highlights**
12.00 NOON **The Rugby Pod**
1.30 PM **Top 14 Rugby Union**
2.00 **Asian Le Mans Series**
3.00 **NHL: This is Hockey**
3.30 **URC in 60** Highlights from the 11th round of fixtures.
4.30 **SPFL** Hearts v Hibernian.
6.25 **LaLiga Match Highlights**
7.55 **LIVE LaLiga Villarreal v Mallorca.** Coverage of the Spanish top-flight match from Estadio de la Ceramica. Kick-off **8.00pm**.
10.00 **Sporting Greats**
10.30 **Eredivisie Highlights**
11.30 **Top 14 Rugby Union Highlights**
12.00 M'T **NASCAR** Cook Out Clash.
1.00 AM **LaLiga** A match replay.
3.00 **Temples of Sport**
4.00 **to 6.00** AM **United Rugby Championship**

Premier Sports 2

420 552

6.00 AM **LaLiga** Barcelona v Mallorca.
8.00 **Swedish Hockey League**
10.00 **NHL: This is Hockey**
11.00 **German Cup** Bayern v Leipzig.
1.00 PM **Football's Greatest**
1.30 **Motorsport** Action from the Killarney Historic Rally.
2.30 **Coppa Italia** Atalanta v Juventus.
4.30 **Football's Greatest**
5.00 **Eredivisie** AZ Alkmaar v Ajax.
6.55 **LIVE Eredivisie FC Volendam v PSV Eindhoven.** The Dutch top-flight match from Kras Stadion. Kick-off **7.00pm**.
9.00 **Football's Greatest**
9.30 **Temples of Sport**
10.00 **Transworld Sport**
10.55 **LIVE Argentine Primera Division Independiente v Lanus.** From Libertadores de America Stadium. Kick-off **11.00pm**.
1.00 AM **Football's Greatest**
2.00 **Eredivisie** FC Volendam v PSV.
4.00 **to 6.00** AM **Brasileiro Serie A**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **F1 Features**
7.00 **Formula 1** Pre-season testing.
8.00 **Testing Wrap** Day two review.
8.30 **Ted's Notebook**
9.00 **Formula 1** Pre-season testing.
10.00 **Testing Wrap**
10.30 **Ted's Notebook**
11.00 **Formula 1** Pre-season testing.
12.00 NOON **Testing Wrap**
12.30 PM **Ted's Notebook**
1.00 **Formula 1** Pre-season testing.
2.00 **Testing Wrap** Day two review.
2.30 **Ted's Notebook**
3.00 **LIVE Formula 1** Coverage of the second session of the third day of pre-season testing.
4.00 **F1 Features**
4.30 **Formula 1** Highlights.
8.00 **Testing Wrap** Day three review.
8.30 **Ted's Notebook**
9.00 **Formula 1** Pre-season testing.
10.00 **Testing Wrap** Day three review.
10.30 **Ted's Notebook**
11.00 **Formula 1** Pre-season testing.
12.00 M'T **to 6.00** AM **The Best of F1**

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

BBC iPLAYER Live Lesson: Safer Internet Day

Tuesday, 11am, CBBC & BBC iPlayer

With artificial intelligence developing at the speed of light, it's important that we understand how it can help us and how to use it safely and responsibly. In this latest live lesson from BBC Teach, YouTuber Joe Tasker and tech expert Georgie Barrat show us how AI tools are designed and the best ways we can use them.

Perhaps most importantly, we learn how AI can get things wrong - so it's not always a good idea to rely on it for your homework!

Lesson resources are on bbc.co.uk/teach.

PREMIERE

sky cinema How to Train Your Dragon

Friday, 8.25am & 4pm, Sky Premiere

Following the trend set by Disney of remaking animated features into live-action films, this fantasy adventure from Dreamworks casts Mason Thames in the role of teenage viking Hiccup, who befriends a young Night Fury dragon and christens it Toothless.

With realistic dragons and edge-of-seat action sequences, this is a shoo-in for film night this week.

More great shows to watch this week...

The Dumping Ground

Friday, 6pm, CBBC & BBC iPlayer

As the latest series of the drama continues, Frankie blows up a science class - and a friendship - while Bonnie has some awful good news.

The Parent Trap

Available now, Disney+

It's become a thing to celebrate our friendships on 'Galentine's Day'(13 February), and one of our favourite films about best friends is *The Parent Trap*, starring Lindsay Lohan. Siblings can be the best of friends, after all!

Lord of the Flies

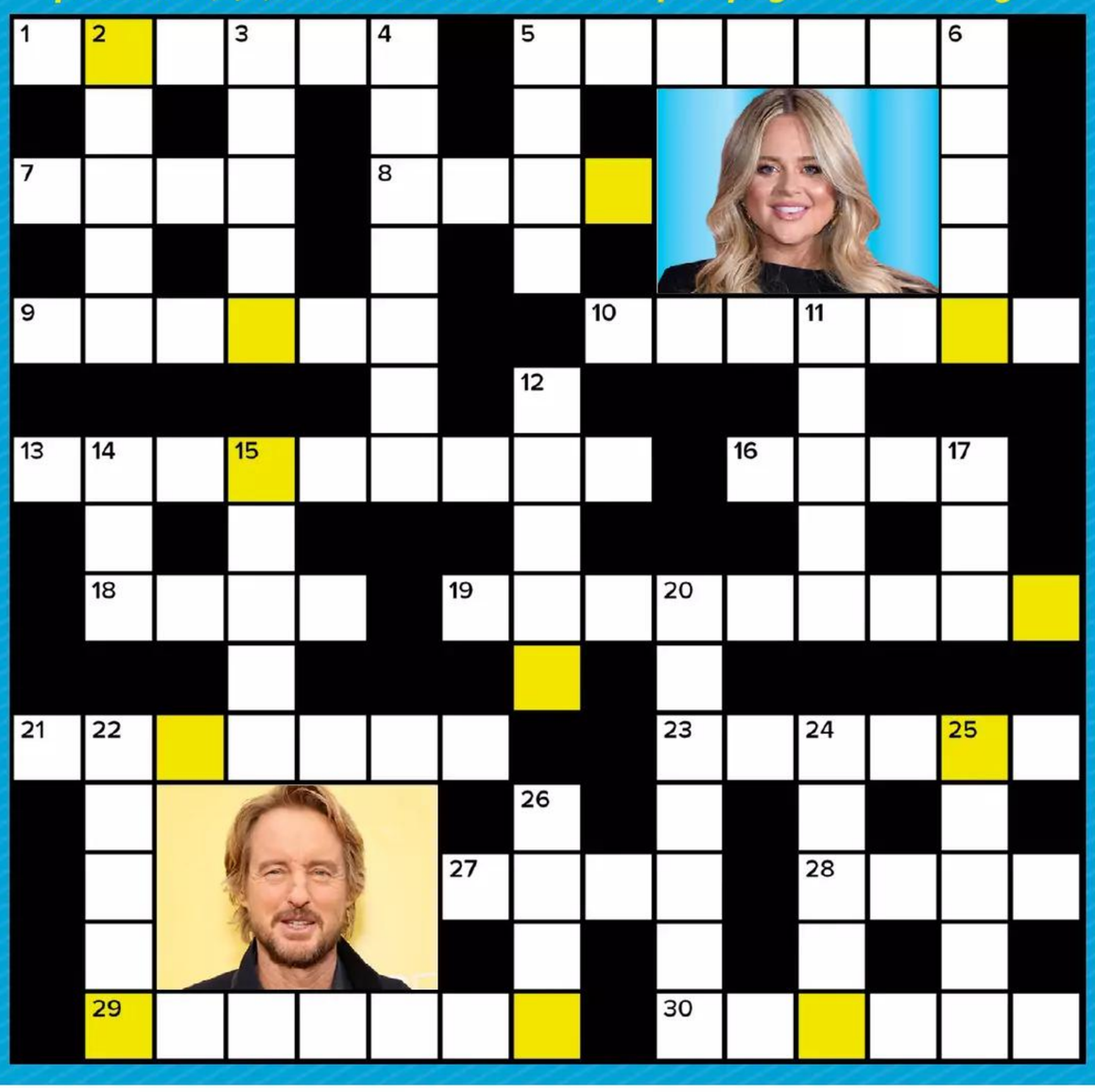
Sunday, 9pm, BBC1 & BBC iPlayer

NEW

Be forewarned the older children out there - your English teacher may sneak this into your lesson if you're covering this William Golding novel at school!

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out a British comedian and TV presenter (5,7). Answers at the bottom of the page – no cheating!



ACROSS

1 US sci-fi drama series, *The* - ----- (1-5)
5 Actor who plays *EastEnder* Sharon, ------- Dean (7)
7 Damon Albarn's band (4)
8 See picture clue: Actor in 2001 film *Zoolander*, ---- Wilson (4)
9 Comedian and presenter, Joe ------ (6)
10 US hip-hop group, ------- Hill (7)
13 Ian ---------, played Emperor Palpatine in the *Star Wars* films (9)
16 Spandau Ballet hit from their 1983 album *True* (4)
18 *Star Wars* Jedi Master (4)
19 1972 Marlon Brando classic, *The* --------- (9)
21 B. A. -------, *The A-Team* role played by Mr. T (7)
23 Amanda ------, *New Tricks* star (6)
27 *Cagney & Lacey* actor, ---- Daly (4)
28 Star of *La Brea*, ---- Skye (4)
29 BBC cookery show, *Saturday* ------- (7)
30 School-based C4 series, ------ *Bridge* (6)

DOWN

2 Eddie Murphy's role in 1985's *Beverly Hills Cop*, Axel ----- (5)
3 New Zealand singer of 2013's *Royals* (5)
4 *The Muppet Show* 'gofer' (7)
5 *Big Little* ----, drama with Nicole Kidman (4)
6 Tom Burke's role in TV series *The Musketeers* (5)
11 *Home to* -----, 1980s John Thaw sitcom (5)
12 Cynthia -----, Miranda in *Sex and the City* (5)
14 *Boys Don't* ---, 2000 Hilary Swank movie (3)
15 *A Passage to* -----, 1985 Oscar-nominated film with Judy Davis (5)
17 *No Time to* ---, 2021 James Bond movie (3)
20 America -------, *Superstore* star (7)
22 See picture clue: *Rivals* actor, Emily ----- (5)
24 *I* ----- *Wine*, Adele song from her album *30* (5)
25 Radio presenter, ----- Mac (5)
26 ---- Reynolds, starred in Netflix's 2022 film *The Adam Project* (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY, BBC, © 2025 UNIVERSAL STUDIOS & DREAMWORKS ANIMATION LLC. ALL RIGHTS RESERVED.

Recycle
We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

CROSSWORD SOLUTION

ANSWER: Frank Skinner **ACROSS:** 1 X-Files 5 Letitia 7 Blur 8 Owen 9 Lycett 10 Cypress 13 McDiarmid 16 Gold 18 Yoda 19 Godfather 21 Baracas 23 Redman 27 Tyne 28 Ione 29 Kitchen 30 Ackley
DOWN: 2 Foley 3 Lorde 4 Scooter 5 Lies 6 Athos 11 Roost 12 Nixon 14 Cry 15 India 17 Die 20 Ferrera 22 Atack 24 Drink 25 Annie 26 Ryan

Coming soon

Young Sherlock

Hero Fiennes Tiffin stars as a youthful version of the super-sleuth

The early years of one of literature's most celebrated detectives are placed under the spotlight in Prime Video's upcoming drama *Young Sherlock*.

In the eight-part period whodunnit, airing from 4 March and inspired by Andy Lane's novels, Hero Fiennes Tiffin plays Arthur Conan Doyle's legendary sleuth Sherlock Holmes, who, as a rebellious young man, shows off his brilliant burgeoning talent for deduction when he tackles a murder case at the University of Oxford in the 1870s. But the investigation puts his own freedom at risk and leads him into the heart of a conspiracy with tentacles across the world.

ALL-STAR CAST

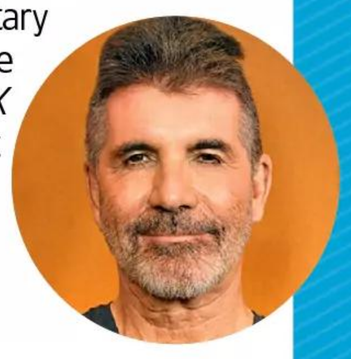
Dónal Finn plays Sherlock's friend but future nemesis James Moriarty, while Zine Tseng is martial artist Princess Gulun Shou'an. Fiennes' real-life uncle Joseph Fiennes will portray Sherlock's scientist father Silas, alongside Natascha McElhone as the youngster's mother Cordelia and Max Irons as his brother Mycroft, and Colin Firth is Sir Bucephalus Hodge.

'In *Young Sherlock* we're going to see an exhilarating new version of the detective everyone thinks they know in a way they've never imagined before,' says Guy Ritchie, who is executive producing the series and directing some of the episodes. 'We're going to crack open this enigmatic character, find out what makes him tick, and learn how he becomes the genius we all love.'

WHAT'S NEXT FOR...

Simon Cowell

The music mogul and talent-show judge will appear in Sky's as-yet-untitled documentary series, where those involved with *The X Factor* speak about the highs and lows of the singing contest and its lasting legacy.



Michael Sheen

In BBC2's two-part factual show **Buried**, the actor will explore chemical contamination in South Wales and its potential impact, as he talks to communities, local councillors, journalists and scientists.

Coming Back

The third series of BBC1 drama **Sherwood** will see David Morrissey (right) reprise his role as ex-cop Ian St Clair, while Rosalie Craig, Joe Dempsie and Sue Johnston play a family with links to a man whose body is found.

The seventh run of ITV1 drama **Unforgotten** will see Sanjeev Bhaskar and Sinéad Keenan (both right) return as DI Sunny Khan and DCI Jess James to investigate when a child's remains are discovered. Sophie Rundle joins the cast.

Standard Subscription rates (1 year): UK £185.93, Europe 572.69 Euros, USA $648.13, Rest of World $648.13. For inquiries, contact TV&Satellite Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issue/s of Future Plc magazines, these are available online at magazinesdirect.com

Next week — On sale Tuesday 10 February

Being Gordon Ramsay

Netflix follows the fiery chef as he embarks on a big new venture.

The Rookie

The eighth run of Sky Witness' crime drama sees John Nolan (Nathan Fillion) in Prague.

Watson

As Sky Witness' drama returns, the doc (Morris Chestnut) reunites with Sherlock Holmes (Robert Carlyle).

The Last Thing He Told Me

Jennifer Garner returns in a new run of Apple TV's thriller.

WORDS: CAREN CLARK. PHOTOS: APPLE TV, BBC, GETTY, ITV, NETFLIX, PRIME VIDEO, SKY

TV&Satellite week

121-141 Westbourne Terrace, London W2 6JR
Email tv&satweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

International Licensing and Syndication
TV&Satellite Week is available for licensing and syndication. Contact us at **licensing@futurenet.com** or view our available content at **futurecontenthub.com**

Head of Print Licensing
Rachel Shaw **licensing@futurenet.com**

Future plc is a public company quoted on the London Stock Exchange (symbol: FUTR)
www.futureplc.com

Chief Executive Officer **Kevin Li Ying**
Non-Executive Chairman **Richard Huntingford**
Chief Financial Officer **Sharjeel Suleman**

Tel +44 (0)1225 442 244

ipso. Regulated

Editorial Complaints *TV&Satellite Week* is a member of IPSO (Independent Press Standards Organisation), which regulates the UK print and digital news industry. We abide by the Editors' Code of Practice and are committed to upholding the highest standards of journalism. If you think that we have not met those standards and want to make a complaint, please email us at tv&satweek@futurenet.com or write to The Editor, *TV&Satellite Week*, 121-141 Westbourne Terrace, London W2 6JR. If we are unable to resolve your complaint, or if you would like more information about IPSO or the Editors' Code, contact IPSO on 0300 123 2220 or visit ipso.co.uk

GPSR EU RP (for authorities only)
eucomply OÜ Pärnu mnt 139b-14 11317, Tallinn, Estonia
hello@eucompliancepartner.com +3375690241

General Product Safety 2023/988: The use of our product under normal or reasonably foreseeable conditions of use, including the actual duration of use, does not present any risk or only the minimum risks compatible with the product's use, which are considered acceptable and consistent with a high level of protection of the health and safety of consumers.

Cats Leave Paw Prints on Our Hearts

Illuminated Lantern Clock

Precision Quartz movement clock

Soft LED lights

Ivory-tone lantern showcases 4-panel art by

LED illumination provides a soft glow

These adorable kittens come to life in the artwork of Jürgen Scholz with the 'Pawprints On Our Hearts' Illuminated Lantern Clock – a first-of-a-kind, only available from The Bradford Exchange.

HANDCRAFTED WITH JÜRGEN SCHOLZ ARTWORK & ILLUMINATION

Expertly handcrafted, this illuminated lantern clock showcases the heartwarming artwork of Jürgen Scholz – each panel features the artist's imagery featuring these endearing kittens. Soft LED lights illuminate the artwork as night falls. The precision Quartz movement clock with golden rim and Roman Numerals features the sentiment, 'Cats Leave Paw Prints On Our Hearts'.

NOT AVAILABLE ON THE HIGH STREET!

This individually numbered lantern clock is accompanied by a Certificate of Authenticity and our famous 365-day money-back guarantee. It is available for just 2 interest-free instalments of £49.99 – that's only £99.98 (plus £9.99 S&S)*. Pay nothing now – simply complete and return your Priority Order Form today!

© The Bradford Exchange. * S&S - Shipping & Service. Offer applies to UK only. Our guarantee is in addition to the rights provided to you by consumer protection regulations. 422-XIN03.01

FASTEST WAY TO ORDER

www.bradford.co.uk/kittenlanternclock

***Or call on* 0333 003 0019**

Lines are open: Mon-Thurs 10-6 Fri 9-5 Sat 9-4

and quote reference code 473602

Scan me!

PAY NOTHING NOW

PRIORITY ORDER FORM

Please Respond Promptly

To: The Bradford Exchange, PO Box 653, Stoke-on-Trent ST4 4RA

YES! Please order ___ (Qty) of the **Jürgen Scholz Lantern Clock** for me as described in this advertisement.

Complete today or Call 0333 003 0019

Title.....Name.....
(PLEASE PRINT)

Address .....

.....

Postcode..... Phone.....

Email Address.....

The Bradford Exchange · Since 1973 ·

Applicants must be aged 18 or over. Please note, we may contact you via mail, email and mobile with information about your reservation. For details of our privacy policy, please go to www.bradford.co.uk/privacypolicy or contact us at the above address or phone number.

422-XIN03.01

Order Ref:473602

Gtech

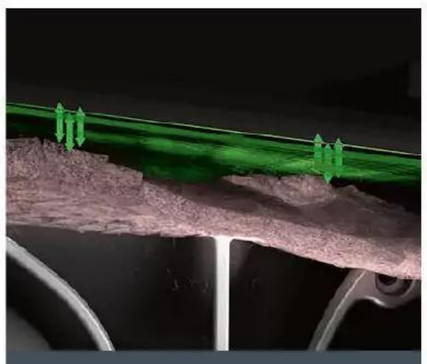
AirRAM 3 Plus

Is this the best vacuum cleaner ever?

We think it is, and here's why...

SAVE £120
WAS ~~£419.99~~
NOW £299.99
FREE NEXT DAY DELIVERY

Use code: **KP68**



SELF-CLEANING FILTERS
Auto Clean System does the dirty work for you

LARGE CAPACITY BIN
Clean and easy to empty with no fuss

SELF PROPULSION
Forward Inertia Drive, propels itself forward

High-performing, cordless and powered by a 20V lithium-ion battery, the AirRAM 3 Plus effortlessly cleans even the largest home on full power on a single charge, recharging in less than 3 hours.

Anti-Hair Wrap technology Keeps the brush bar clear, and with our unique Auto-cleaning filter system you need never clean a filter again.

Made to last The AirRAM 3 Plus is built to last 20 years with a durable floor head reinforced with aluminium to withstand pet wear and tear.

Grooms to perfection Effortlessly transitions from carpets to hard floors for a flawless clean.

Luxurious comfort Leather-bound handles for comfort where you need it most.

Long run time Clean your whole home on full power, on a single charge.

No tubes to block Gtech's revolutionary patented AirLOC and dirt collection technology picks up dirt no other vacuum can.

Dynamic steering Effortless movement with forward inertia-drive and a low-profile handle for easy under-furniture cleaning.

Edge cleaning brushes Equipped with unique edge brushes, it cleans right up to the edges, leaving no dirt behind.

The AirRAM 3 Plus features **dynamic steering** allowing easy under-furniture cleaning

Excellent
"I love all the new features of this product, especially the rotating side brushes that clean right up to the skirtings, and that there are no filters to clean and easy dust removal."
Stella S ★★★★★

Get your **AirRAM 3 Plus** for just **£299.99** (RRP **£419.99**) saving **£120** if you order before March 31st 2026. Order now at **www.gtech.co.uk** (enter code **KP68** at checkout) or call **0800 030 87 94** or scan the code:

SCAN ME

1301

Inventor & Owner, Nick Grey
"The team at Gtech are obsessive about good design. Every product is tested, refined and retested in real home environments. The design is not signed off until I am happy that the product will meet or exceed our customers' needs.."

Nick

www.gtech.co.uk
Use code: **KP68**

Free tracked next day delivery and 2-year warranty

dpd

Offers valid until 31/03/2026 or while stocks last and cannot be used in conjunction with any other offer. 30-day money-back guarantee, excluding £10 collection fee. Next Day Delivery UK mainland only (excludes highlands). Visit Gtech.co.uk for full T&Cs.